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GIRLS IN PROGRESS

AS THE WORLD CELEBRATES INTERNATIONAL WOMEN'S DAY, CANADIAN GIRLS REFLECT ON THEIR WISH LIST FOR EQUALITY AND WHY THE DAY STILL MATTERS **PAGE 24**



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Latest budget puts Alberta \$6.3B in red

Dipping into Contingency Account.

Province will borrow billions to build infrastructure

The Alberta government — squeezed by falling oil revenues and a growing population — has delivered a budget that holds the line on day-to-day spending but borrows billions to build roads, hospitals and schools.

There are no new or increased taxes.

The result is \$6.3 billion in red ink.

"We are having a tough time here," Finance Minister Doug Horner said

Thursday before tabling the 2013-14 document in the legislature.

"We're going to have five million people in this province within 17 years. Where are their kids going to go to school? Where are they going to have hospitals to go to? How are they going to get to work if the road isn't there?"

"We have to be able to build for the future — and that's what this (budget) is about."

Even though the government is not increasing its overall spending on operations, it anticipates a \$2-billion deficit on revenues of \$38.6 billion. The gap will be covered by the government's Sustainability Fund, now renamed the Contingency Account. That

fund had \$17 billion at its peak four years ago but will be down to \$691 million by this time next year.

Horner said the shortfall can't be helped, but he isn't happy about it.

"It's been very rare for Alberta to have an operating deficit. That's a big deal to me. I don't want to see operating deficits in the future."

Thursday's budget announced \$4.3 billion in infrastructure borrowing, which includes the money for Highway 63. When the loan is combined with the \$2-billion operating deficit, it leaves a \$6.3-billion hole in the government's pocket-book.

THE CANADIAN PRESS

More coverage (pages 6-7)



Minister of Finance Doug Horner presents the 2013 budget at the Alberta Legislature on Thursday. There are no new or increased taxes in the budget and the result is \$6.3 billion in red ink. JASON FRANSON/THE CANADIAN PRESS

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Christian Langford-Snape is seen in his more common environment — on a ski hill — in the undated Facebook photo on the left, but Wednesday he stripped down to his underwear and streaked halfway across the ice at the Scotiabank Saddledome. FACEBOOK.COM; TWITTER.COM: @MRSTANYOUNG

Flames-game streaker had military training

Not funny. Team condemns near-nude stunt during game against San Jose Sharks



JEREMY NOLAÏS

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He vaulted over the Saddledome Plexiglas wearing nothing more than his skivvies and instantly earned a spot in online infamy.

But the day after his nearly-nude streaking stunt, 23-year-old Christian Langford-Snape was kicking himself for not trying a little harder.

"I think it lasted about 30 seconds," he recalled of his endeavour during an intermission in Wednesday's game between the Calgary Flames and San Jose Sharks. "I didn't really have a plan until I got into the rink. But I saw the goal and wanted to belly-slide into it, setting the buzzer off."

Fast-acting Saddledome security members, however, caught up to the British national around centre ice and promptly escorted him out.

"The only dangerous part was when security pulled up next to me with their blades — I thought my toes were coming off!" Langford-Snape said.

The skiing enthusiast from

England is living in Banff for a few months while taking a ski course at Sunshine Village; however, it was his background in the British military that provided the skills to scope out a spot free of security and get his lean frame over the glass.

But arena officials didn't find Langford-Snape's antics funny, slapping him with a \$172 fine and a one-year Saddledome ban.

"Such behaviour is not encouraged, is extremely dangerous, and demeaning to our fans of all ages," the Flames said in a statement Thursday evening.

Langford-Snape, though, wasn't fazed by the penalty.

"Best \$172 I ever spent!"

His 15 minutes

- Christian Langford-Snape's "streaking" attempt earned spots on TSN, NBC and popular sports blogs like Deadspin.
- The 23-year-old had been sitting with friends in the nosebleed section at the Saddledome but worked his way down to the front row, before stripping.
- He heads back home to England in April.

'Market conditions'

Hospital parking rates set to rise

Parking your vehicle at a Calgary hospital will soon cost a little more.

Starting April 1, rates per half hour will rise to \$2 from \$1.75 at all medical centres. Weekly parking passes will also rise a single dollar to \$41 and monthly passes will jump from \$105 to \$125.

Monthly passes for seniors will also rise from \$66 to \$68, while monthly passes for patients and visitors will drop from \$95 to \$85.

The daily maximum parking rate will be unaffected at all medical centres — every medical centre charges \$13 with the exception of the Sheldon M. Chumir Health Centre, which charges \$26.

"It's a reflection of current market conditions," said Alberta Health Services spokesperson Bruce Conway of the price rise.

"The key is health-care dollars are used to fund patient care services, not parking structures or lots," he added.

Notices have been put up at all lots notifying hospital visitors of the price increases.

Rates will continue to rise at a similar rate each April until at least 2015, according to documents provided by AHS.

The Canadian Medical Association Journal published an article in late-2011, condemning rising parking rates at hospitals under the claim it violated basic access to health-care principles.

JEREMY NOLAÏS/METRO



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Mom fears for son after alleged school assault



The injuries seen in these three images were the result of an assault at Third Academy School, a Calgary family claims.

CONTRIBUTED

Policy. Aftermath of violence left up to individual boards, province says



JEREMY NOLAÏS

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Her son suffered a concussion, bruising and scratches — all allegedly at the hands of a fellow classmate.

But, three months later, a Calgary mother said the persistent emotional trauma her 17-year-old son continues to endure while attending his city private school may be even worse.

"He still is in class with him (the alleged attacker)," said Heather. "It's awful — I still have to force him to go to school. He missed a week right off the top but he hasn't really wanted to go back since."

Metro has chosen to identify Heather only by her first name to protect the identity of her son and his alleged attacker, who

Province's response

- Alberta Education typically leaves placement of children after violent incidents in schools up to individual boards, said spokesperson Fiona Wiseman.
- However, she added in an emailed statement, "Private schools, like any other school board, under the current School Act, are required to ensure safe, welcoming, respectful environments."

are both minors.

Both boys attend Third Academy School in Calgary's southeast.

A representative with city police confirmed Tuesday that an assault charge has been laid against a 16-year-old minor after a verbal argument turned violent Dec. 4.

Heather claims the incident took place in a hallway at Third Academy; however,

school CEO Sunil Mattu said he would only discuss the matter after receiving a release form that had been reviewed by a lawyer for the victim's family.

"These are serious allegations," he told Metro.

Heather did provide both verbal and emailed consent to Metro allowing the school to discuss the incident, but she said the family is still in the process of obtaining a lawyer.

Heather added she's only coming forward now with concerns about the continued well-being of her son after pleading for months with the school to take proper action against the accused attacker.

"He was suspended for one day," Heather claimed. "It's ridiculous."

On the web

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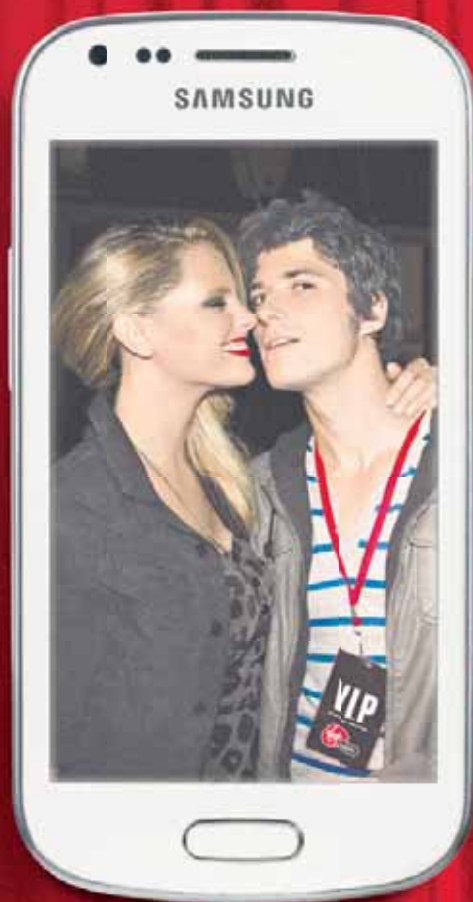
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Budget leaves post-secondary leaders 'extremely disappointed'

An education.

Students fear additional fees, larger class sizes in wake of near-seven per cent cut



JEREMY NOLAÏS

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They had been preparing for tough times, but Calgary post-secondary leaders were caught off-guard Thursday by sharp cuts to funding for student spaces and operating grants.

"Certainly, we had run through some scenarios, but not one as significant as this," said Dr. Elizabeth Cannon, president of the University of Calgary. "We're incredibly surprised and extremely disappointed to see such a deep cut to the post-secondary sector."

A 6.8 per cent reduction in operating grants marked a near-nine per cent turnaround from the promise for sustainable funding for institutions in last year's budget.

Student leaders instantly began to fear the worst, as

Quoted

"I think every student at Mount Royal (University) has the right to be scared right now."

Kaylene McTavish, president of the Mount Royal University students association

some schools had already predicted job positions — and potentially entire programs — could be sacrificed even if funding increases were kept flat.

"I think every student at Mount Royal (University) has the right to be scared right now," said Kaylene McTavish, president of the institution's students association.

The province did offer up a more than 20 per cent increase in student loans and a new low-income grant; however, some commitments for capital projects fell short of where officials had hoped.

The University of Calgary did receive \$40 million for its Schulich School of Engineering and Cannon said she was pleased with that amount.

A long-awaited replacement library for Mount Royal was given \$30 million but was

originally promised \$85.5 million. University President David Docherty was not available for comment Thursday evening, a spokesperson said.

A representative for SAIT said the polytechnic was surprised by Thursday's budget; however, officials were still working through potential impacts.

But newly minted Advanced Education Minister Thomas Lukaszuk encouraged institutions to look at the budget as an "opportunity" to build better relationships amongst each other.

"What we have right now is an orchestra of some virtuosos — they are fabulous at what they do," Lukaszuk said. "I would put our post-secondary schools against any others in the world, but, unfortunately, this orchestra doesn't have a conductor and they're all playing their own tune and they're off-beat."

The minister mused about amalgamating payroll departments and providing an open-source venue online for commonly used textbooks as ways to build better efficiency into the system.

WITH FILES FROM RYAN TUMILTY



University of Calgary Students' Union vice-president Raphael Jacob, seen on campus Thursday, deemed cuts to post-secondary funding "worrying." CANDICE WARD/METRO

Funding for schools delayed, teacher layoff fears loom



Tomoko Vishnu sits with her sons, 12-year-old Kousei, left, and eight-year-old Lucas, at their home in the southeast community of New Brighton, which the family says needs more schools and educational resources. ROBSON FLETCHER/METRO

Calgary schools wrangling with ever-growing student populations will operate under a largely provincial funding freeze for the next three years, leading critics to suggest larger class sizes and teacher layoffs are inevitable.

As well, funding for desperately needed new schools in Calgary's outlying communities will come slower than originally promised, according to the 2013 Alberta budget.

"The intent of this budget is to try to maintain the instruction in the classroom," said Education Minister Jeff Johnson. "What we're trying to do

is work with the limited resources we have and directing those to the classroom."

In all, Johnson said 37 of Alberta's 62 school boards will operate with less money next year.

That includes the Calgary Board of Education, which will operate with \$8.9 million fewer dollars — or 0.9 per cent — despite enrolment increase projections of two per cent.

"There may be an impact on students in classrooms, programs and services in the 2013-14 school year," Chief Supt. Naomi Johnson said in a statement,

The Calgary Catholic School District will receive the same funding it did last year.

Meanwhile, \$63 million will be dedicated towards constructing new schools this year, with a total of \$2.4 billion coming for such projects over five years.

Calgary parent Sean Vishnu noted that would barely put a dent in the roughly \$1 billion in outstanding capital requests for Calgary schools.

The father of two boys lives in New Brighton, a southeast community tapped for both an elementary and middle school, but neither have been funded

Instructor wages

Teachers will not receive a salary increase; however, local bargaining is ongoing after a second provincial contract offer in three months was unanimously voted down by association representatives last month.

to date.

"We are definitely getting fed up — we are just tired of waiting," said Vishnu.

JEREMY NOLAÏS/METRO WITH FILES FROM ANNALISE KLINGBEIL/METRO EDMONTON

Quoted



"After Alberta had been proud of the legacy of becoming debt-free under (former premier Ralph) Klein in 2004, this premier is plunging this province back into debt. Significant debt."

Wildrose Leader Danielle Smith



"What we're seeing is a shrinking budget for a growing province, and that's going to create all sorts of problems."

NDP Leader Brian Mason



"It's an intellectually and morally bankrupt budget. This is a budget that hurts people."

Liberal Leader Raj Sherman

Finance Minister Doug Horner delivered an austere budget on Thursday, with spending freezes or spending cuts in many sectors. Despite the thriftiness, Alberta still finds itself spending billions of dollars more than it's taking in. Here are some of the highlights from the 2013 financial plan.

ROBSON FLETCHER AND RYAN TUMILTY
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1 Physicians have 'deep concern' about budget

Health spending will increase under Alberta's new budget but not as quickly as many in the health-care field were expecting or would like.

The total health budget is \$17.1 billion in 2013-14, which marks an increase of three per cent over the previous year.

"This is lower than the 4.5 per cent increase the health sector was expecting, but we believe AHS can provide better outcomes for better value by using its resources more effectively," Finance Minister Doug Horner said in his budget speech.

But most physicians will look at this budget with "deep concern," said Alberta Medical Association president Dr. Michael Giuffre.

"I think this budget translates directly to decreased access for our patients," Giuffre said. "We would anticipate that lineups in emergency will go up; the number of procedures will go down."

Giuffre said the budget does not account for population growth or inflation, and expressed particular concern with cuts to physician benefits and relatively flat spending on physician pay.

Minister of Health and Wellness Fred Horne said improvements will have to be made despite financial restraints.

"We're the top per-capita spender in the country and have been for a long time, but we are not getting all of the outcomes that Albertans expect."



Horner announces saving plan

Among all the red ink spewing from the provincial budget, Alberta announced a new plan to save, as well.

The province is promising to grow the province's savings to more than \$24 billion over the next three years.

"As a banker, I learned that valuable lesson: Before you spend on anything, put some away first," said Finance minister Doug Horner.

Horner announced a new fiscal management act that requires the government to constantly put money away. Among the new rules, five per cent of the first \$10 billion the government collects in royalty revenue will be put away. The next five billion will have 20 per cent stashed away and

50 per cent of any money in excess of \$15 billion will be saved.

Horner also announced the sustainability fund, which will be left with \$691 million after this year, will be rebuilt to \$5 billion and renamed the contingency fund.

He also announced the government would no longer raid interest from the Heritage Fund, the government's long term savings account, to pay for current priorities.

Starting in 2015, the government will gradually stop using the interest and instead leave it in the fund to continue to grow.



5 Alberta budget bites

Nenshi worried about infrastructure, police

Mayor Naheed Nenshi says the Tories broke their promise to cities by failing to boost funding under the Municipal Sustainability Initiative (MSI), a key source of money for major infrastructure projects in Calgary.

"They promised significant increases to MSI, as well as extensions of that program to 2023," Nenshi said after Thursday's budget speech. "We didn't see either of those things today and as a result, it's going to be very difficult for the city to embark on new capital projects."

MSI funding for all of Alberta will remain at \$846 million in 2013, 2014, and 2015, according to the budget. That's the same level as 2012.

Ald. Shane Keating said the flat funding could present problems for the city because there's nothing to account for things like increased construction costs or growth in city needs.

"When the funds are staying steady, it gives you difficulty," he said.

But, Keating added, flat funding is far better than the alternative, given the fiscal realities facing the province.

"It is better that it isn't going down, for sure," he said. "We have to accept and understand the financial times."

Municipal Affairs Minister Doug Griffiths described the funding plan for municipalities as fair, given the circumstances.

"Municipalities are still going to get a lot of support to continue building," he said.

In his budget speech, Finance Minister Doug Horner said, "Our municipal investments are strategic and drive positive transformation."

Nenshi also expressed concern about how the budget will affect police operations in Calgary.

"The police budget, which has already been passed, will be short about \$5 million as a result of today's (provincial) budget," Nenshi said. "It does mean the police will have to work hard to find those savings, while maintaining their force on the street."



Budget 2013 by the numbers

- Total revenues: \$37.5 billion
- Total expenses: \$38.06 billion
- \$15 billion over three years for infrastructure projects.
- Oil price forecast at \$92.50, compared to \$92.58 forecast this year.
- The budget pegs economic growth at 2.9 per cent in 2013.
- Combined with borrowing for capital projects \$6.3 billion of new debt.
- The government will bring in \$6.2 billion less in 2013 from energy revenues.
- Alberta expects to grow by 100,000 people in 2013.

Source:
Government of Alberta



Ten more Mounties, two more judges

Justice funding will be redirected to hire 10 more RCMP officer and two new provincial court judges as part of Budget 2013.

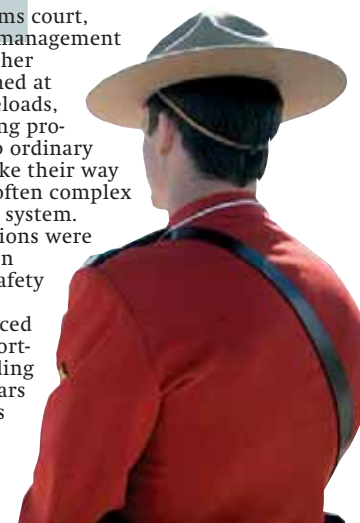
"We're balancing more demands with essentially the same budget as last year by focusing on core programs and spending smarter on areas of greatest need," said Jonathan Denis, Minister of Justice and Solicitor General.

The province also plans to make changes within the operations of the justice system.

Some of those changes include increasing the limit

for small claims court, maintaining management offices and other processes aimed at reducing caseloads, and integrating programs to help ordinary Albertans make their way through the often complex and daunting system.

"Our decisions were made based on community safety and access to justice, balanced with the importance of spending taxpayer dollars wisely," Denis said.



Run For ... survival? Zombies add motivation in new Calgary fun run

For those looking for a little extra motivation in their fitness regimes, the fear of being chased by zombies may be what's needed to pick up the pace.

Zombie Survivor will be a five-kilometre fun run where participants will be running for their lives.

"There's obstacles like hay pyramids and climbing walls, but there's also zombies on the course," explained the run's creator, Adil Hooda.

"You have five flags, which are your five lives, and you want to get through the whole course without losing any lives and survive until the end."

Hooda said he wanted to create a run that would appeal to a wide variety of people, from those who enjoy running to those who would rather act as a zombie on race day.

For zombie participants, Hooda said there will be a "zombie zone" for people to

How to participate

- Registration opens March 15 and will cost \$45 for early birds.
- A portion of the proceeds from the event will be donated to local charities, according to Hooda.
- For more information, visit zombiesurvivor.ca.

get hair and makeup done, and get into the mindset of the living dead.

The race is set for July 20 at the Cochrane Ag Society.
KATIE TURNER/METRO

Online

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Voluntary tax splits northwest community

Scenic Acres. While Calgarians have voted to be taxed more in exchange for services, one condo complex says it wants out



ROBSON
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Tax me, please.

Believe it or not, that's what tens of thousands of Calgarians have told the city, volunteering to add an extra "boulevard tax" onto their regular property-tax bills in exchange for enhanced maintenance services from the parks department in their neighbourhoods.

In total, Calgary is set to collect more than \$1 million in voluntary boulevard taxes from more than 20,000 properties in 2013, pending the addition of nearly 3,000



Ald. Dale Hodges would like an exception made for a complex that doesn't want the extra tax. METRO FILE

homes in the community of Scenic Acres.

The northwest neighbourhood is the most recent to opt into the program by obtaining a two-thirds majority of property owners in favour of adding the boulevard tax — in this case, it would be \$60 per year, per property.

The amount of money collected and the type of maintenance work done varies from community to com-

munity, said Todd Reichardt, manager of parks' south division, but typically it involves flower and tree planting, additional mowing, litter pickup and weed control.

City council has delayed approving Scenic Acres' entry into the program, however, as Ward 1 Ald. Dale Hodges would like to see a condo complex in the neighbourhood exempted from the tax, as it already provides similar maintenance services.

"One size doesn't fit all, all the time," Hodges said. "To me there's good reason for an exception here."

But city administration is unsure it's legal, under the current bylaw, to make such an exception, and other aldermen feel it defeats the purpose of the program.

"Everyone who's sharing the benefits should be paying fairly into it," Ald. Richard Pootmans said.

A city committee is set to revisit the issue next month.

Southeast

Man charged in sex-worker assault

Police have arrested and charged a man in relation to an alleged 2012 assault on a sex-trade worker.

Jonathan Ian Spike, 33, of Calgary, has been charged with sexual assault, assault, and issuing threats.

Police said the victim was approached by a man in the 5000 block of 19 Avenue S.E. and taken to a remote location where the attack took place.

Spike will make his next court appearance on March 15. METRO

Northeast

Water-main break floods basement

No injuries were reported from a flood that erupted Thursday morning at a home in the 1300 block of Regal Crescent N.E.

A water main break in the front yard caused the basement of the home to flood with waist-deep water, according to officials. METRO

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WAITING AND HOPING FOR AN EXCITING MUNICIPAL ELECTION



IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

This weekend, we'll spring our clocks ahead one whole hour, but today I'd like to spring ahead a lot further — specifically to Oct. 21.

Right now, that date might not mean a lot to you, but as it gets closer and closer, it'll be harder and harder to ignore, because that is the day Calgary will hold its 101st municipal election. (They used to be held annually.)

It's still early in the campaign, but five aldermen currently have no one running against them. I'm hoping that will change before the nomination deadline of Sept. 23. There are also the 14 trustee seats split between the Cal-

gary Board of Education and the separate school Roman Catholic School District.

I guess what I'm hoping for is that, over the next few months, this election will become as exciting as it was in 2010. After all, this will be the first time in Calgary's history that the winners will be named councillor (instead of aldermen) and their victory will also now guarantee them a four-year term, instead of the normal three-year term.

Of course, we can expect consistency among some of the candidates. Most likely they'll be lawyers, professors and bureaucrats, which is fine, but where are the surprise candidates? Where is the overly ambitious 18-year-old, the celebrity candidate, or maybe a candidate that will bring with them a little scandal?

Won't somebody join the race

Who wants to watch a solo debate? (I mean, besides Mayor Nenshi's family.)

Then there's the matter of the mayoral race, or lack thereof. After Mayor Naheed Nenshi announced his intention to run again, I wrote a column essentially begging for someone else to run against him. While it might be difficult to beat him, having two people run for mayor is what I assume having divorced parents is like — both trying to outdo each other at Christmas and birthdays. As candidates try to out-campaign-promise each other, Calgarians come out as winners, no matter what.

Plus, who wants to watch a solo debate? (I mean, besides Mayor Nenshi's family.) My fingers are still crossed that Nirmala Naidoo left her cushy job at CBC for this very reason.

I know what you're thinking. If I think it's so important to run, why don't I do it myself?

Well, trust me, I've tried running in elections before and I have a zero per cent success rate. I ran in junior high school, high school and again in university and every single time, I lost to the girl in the mini-skirt. While some Calgary voters may be smart enough not to vote for the prettiest candidate, having lived through more than my fair share of Stampedes, I'm not sure that's the consensus.

MIKE MORRISON WRITES MIKE'S BLOG-GITY BLOG AND OFTEN TWEETS IN THE DARK FROM @MIKESBLOGGITY

Startup Calgary. Weekly 'Hack Nights' launched

Those looking to get an idea off the ground will soon have a weekly space to help make it happen, as part of a new vision launched by Startup Calgary.

Founded in 2010, Startup Calgary is a non-profit aimed at connecting creative Calgarians with the resources and support needed to build and grow a business.

Sean Collins, vice-president of partnerships with the group, said they've shifted their vision recently to focus on the creation of startups.

The concept of Hack Nights is a dedicated, weekly space where people can use a pseudo-office space.

"Anybody looking to dive into building a startup full-time has a home that they can go to and find the resources and mentorship and support needed to actually build a really cool company," he said, adding with a laugh that free beer and Red Bull will be provided.

"Even if you're just looking to get involved in the startup community ... we're putting a call out to join us."



Calgarians will have access to the AcceleratorYYC space for five hours each week beginning March 26 for Startup Calgary's Hack Nights.
FACEBOOK.COM

Hack Nights will be hosted every Tuesday night between 5 p.m. and 10 p.m. beginning March 26 at AcceleratorYYC, which is located on the second floor of 1212-9 Avenue S.E.

KATIE TURNER/METRO

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Dementia. Pierre Trudeau chose death from cancer over losing his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in *Contender: The Justin Trudeau Story*, which suggests his father made the decision about six months prior



Pierre Trudeau THE CANADIAN PRESS

to his death in September 2000.

"It was fairly clear that he was very much at peace with the end of his life approaching," he said. THE CANADIAN PRESS

Journalist killed

Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has

agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in prison. THE CANADIAN PRESS

Justice system thoroughly failing aboriginals: Report



Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Quarter of all prisoners. Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

Accusation

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. THE CANADIAN PRESS

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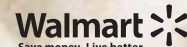
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Public-sector watchdog

Border guard mixed with mob

A Canadian border guard had known ties to organized crime, protected his underworld associates and used his own position to evade the law, an investigation by the federal public-sector watchdog has found.

The guard's relationship with organized crime dates back to before he joined the Canada Border Services Agency, an association his supervisors have known about for at least four years, public-sector integrity commissioner Mario Dion reported Thursday.

But it took someone blowing the whistle to Dion's office last year before CBSA launched an internal investigation, which ultimately led to the officer being fired.

The guard had been warned in the past about maintaining his connections to the criminal underworld, but didn't change his behaviour, Dion said in an interview after his report was tabled in the House of Commons. **THE CANADIAN PRESS**

Polar-bear trade ban voted down

Endangered status.

Inuit claim the ban would have threatened their way of life

A proposal by the United States to ban cross-border trade in polar bears and their parts was defeated Thursday at an international meeting of conservationists, marking a victory for Canada's indigenous Inuit people over their big neighbour to the south.

Delegates at the triennial meeting of the Convention on International Trade in Endangered Species, or CITES, rejected Washington's proposal to change the status of the polar bear from a species whose trade is merely regulated, not banned.

The proposal fell far short of the two-thirds needed to pass, garnering 38 votes in favour, 42 against and 46 abstentions. A similar proposal was defeated three years ago at the last CITES meeting.

While support for most of the meeting's 70 proposals



A wildlife organization representative stands with a stuffed polar bear before voting on a U.S. proposal to change the status of the polar bear to a species — whose trade is banned — at the Convention on International Trade in Endangered Species in Bangkok on Thursday. SAKCHAI LALIT/THE ASSOCIATED PRESS

covering the trade in other species fell along predictable lines, the U.S. proposal made for some odd bedfellows. Russia endorsed Washington's proposal, which was also supported by a cluster of animal humane societies. Canada was joined in opposition by some of the larger conserva-

tion organizations, including the CITES Secretariat and the Wildlife Trade Monitoring Network, better known as TRAFFIC.

The United States had contended that climate change was dangerously shrinking the bears' habitat, and that pre-emptive measures were

needed to save them.

The Inuit contended that polar-bear populations were not declining, and that Canada was regulating the hunting of the bears in sustainable numbers. The tribal group said their livelihoods would be threatened by a ban.

THE ASSOCIATED PRESS

Bear market

28,000

The global population of polar bears is estimated to be 20,000-28,000, with about two-thirds in Canada.

Northern reaction

A victory for the Inuit

Inuit hunters are celebrating the defeat of a proposal that would have forbidden the cross-border trade in polar bear parts.

But both Inuit leaders and scientists say the fight isn't over and the issue is likely to resurface.

Bear expert Andrew Derocher says Canada can buy itself time by ensuring its bear management includes the latest environmental information, including assessments of shrinking sea ice.

THE CANADIAN PRESS



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UN peacekeepers abducted by rebels appear in videos

Golan Heights. UN troops say they're safe, but incident likely to heighten Israeli jitters about Syrian civil war

Several United Nations peacekeepers who were abducted by Syrian rebels said in videos posted online Thursday that they are safe and being treated well, even as activists reported clashes and shelling in the tense border area with Israel where the Filipino troops were being held.

Opposition fighters detained 21 peacekeepers near the village of Jamlah in the Golan Heights on Wednesday — the first time UN troops have encountered trouble since they began patrolling an Israeli-Syrian armistice line dividing the plateau nearly 40 years ago, said Timor Goksel, a Beirut-based former UN official in the region.



Free Syrian Army fighters stand next to UN Disengagement Observer vehicles near Golan Heights in Daraa, Syria. THE ASSOCIATED PRESS

One of the videos posted online shows three men dressed in camouflage and blue bullet-proof vests emblazoned with the UN and Philippines. "We, the UN personnel here, are safe, and the Free Syrian Army are treating us good," one of them says in English. "We cannot go home because the government of (President Bashar) Assad do not stop the bombing. To our

family, we hope to see you soon and we are OK here."

The second video shows six peacekeepers sitting in a room. An officer, who identifies himself as a captain, says that as their convoy came under shelling on Wednesday, "we stopped and civilian people helped us for our safety and distributed us in different places to keep us safe." THE ASSOCIATED PRESS

Venezuela

Chavez's body to be embalmed

Venezuela's acting president says Hugo Chavez's embalmed body will be permanently displayed in a glass casket so that "his people will always have him." Vice-President Nicolas Maduro says the remains will be put on permanent display at the Museum of the Revolution, close to the presidential palace.

THE ASSOCIATED PRESS

North Korea

U.S. prepared for nuclear attack

The U.S. is fully capable of defending itself against a North Korean ballistic missile attack, the White House said Thursday, after Pyongyang threatened a pre-emptive nuclear strike on the U.S. The threat came ahead of a vote in the UN Security Council approving its toughest sanctions yet on North Korea in response to an atomic test last month. THE ASSOCIATED PRESS



Too close to call in Kenya

A supporter of the Coalition for Reforms and Democracy (CORD) listens to the results of Kenya's election on his radio in Nairobi, Kenya, Thursday. Kenya's presidential race tightened as new results pushed the leading candidate below the crucial 50 per cent mark needed to win outright. A final result was expected Friday, but the close race and a troubled vote count are sparking fears of the kind of violence that ripped through the country after its last national election.

SAYYID AZIM/THE ASSOCIATED PRESS

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Babylonian artifact. Cyrus Cylinder debuts in U.S.

A nearly 2,600-year-old clay cylinder described as the world's first human-rights declaration is being shown for the first time in the United States.

The Cyrus Cylinder from ancient Babylon will be displayed beginning Saturday at the Smithsonian's Sackler Gallery. It will be in Washington through April 28, on loan from the British Museum. A yearlong U.S. tour will follow.

The cylinder carries an account, written in cuneiform, of how Persian King Cyrus conquered Babylon in 539 BC and would allow freedom of worship and abolish forced labour. The account also confirms a story from the Bible's Old Testament, describing how Cyrus released people held captive to go back to their homes, including the Jews' return to Jerusalem to build the Temple.

The cylinder was buried



The Cyrus Cylinder on display at the Smithsonian's Freer Sackler Gallery in Washington. THE ASSOCIATED PRESS

under a foundation wall of the city of Babylon. It's long been held as a model of good governance for a vast, multi-cultural society, and it made Cyrus famous from accounts in the Bible and writings by Greek authors. When the cylinder was discovered on a British expedition in modern-day Iraq in 1879, it was considered the first physical evidence of the biblical account. THE ASSOCIATED PRESS

Not protected. Mexico's top court rules anti-gay terms are hate speech

Mexico's Supreme Court has ruled that two anti-gay words commonly used in Mexico are hate speech and not protected as freedom of expression under the country's constitution, allowing those offended by them to sue for moral damages.

The magistrates voted 3-2 late Wednesday in favour of a journalist from the city of Puebla who in 2010 sued a reporter at a different newspaper who had written a column referring to him as "punal" and others at the plaintiff's newspaper as "maricones." Both words roughly translate into "faggot."

The majority said the terms are offensive and discrimina-

tory.

"Even though they are deeply rooted expressions in Mexican society, the fact is that the practices of the majority of society can't validate the violations of basic right," their opinion said.

The resolution was praised by the Mexican gay and lesbian community and anti-discrimination activists as a step forward in the fight for equality in this conservative country rife with machismo. But others criticized it as ridiculous, saying many other words should have to be added, including some used to offend poor people.

THE ASSOCIATED PRESS

Buzzworthy: Caffeine gives flowers power over bees

Bee my pollinator?
Study says plants lure honeybees by spiking nectar with memory-boosting ingredient

Talk about a caffeine buzz: A new study says honeybees get a shot of caffeine from certain flowers, and it perks up their memory.

That spurs them to return to the same type of plant, boosting its prospects for pollination and the future of the plant species.

Maybe it shouldn't be a surprise that one of the flowers is the coffee plant. Its nectar offers about as much caffeine concentration as a cup of instant coffee, according to researchers.

But some citrus plants serve caffeine too, albeit in lower concentrations. It's found in the nectar of orange and grapefruit blossoms.

The caffeine helps a bee remember that the flower's scent promises a tasty payoff, the researchers said. So the



A honeybee visits a citrus flower in this undated image. A new study says honeybees get a shot of caffeine from certain flowers that spurs them to return to the same type of plant. GERALDINE WRIGHT/THE ASSOCIATED PRESS

bee will seek out those flowers, transferring their pollen.

How could researchers tell the caffeine boosts a bee's memory? In an experiment that used lab tools instead of flowers, they trained individual bees to expect a sugary drink when they smelled a certain floral scent. Some bees got

nectar-like concentrations of caffeine in their drink; others didn't.

Then after a day or more, they exposed the insects to the same scent and watched to see if they extended their feeding tubes in response, a sign they were ready to sip. After 24 hours, the bees that had got-

ten caffeine were three times as likely to remember as bees that hadn't. After 72 hours, they were twice as likely.

The work, by Geraldine Wright of Newcastle University in England and co-authors, was reported Thursday by the journal Science.

THE ASSOCIATED PRESS

Flood study on Mars goes underground

The face of Mars is dotted with a maze of channels, pointing to possible ancient megaflood episodes.

Now scientists peering below the surface have uncovered the first evidence of underground channels apparently created by flooding — a finding that's expected to further illuminate the role of water in Mars' history.

Using a ground-piercing

radar sensor aboard the Mars Reconnaissance Orbiter, a team of scientists created 3D maps of an equatorial region known as Elysium Planitia and the channels that run underneath the plains.

Besides the contributions from rovers and landers, "our view of the red planet has largely been restricted to looking at the surface" from orbiting spacecraft, said lead

Revealed by radar

The 3-D maps were painstakingly pieced together from radar data collected by numerous spacecraft passes.

researcher Gareth Morgan, a planetary scientist at the Smithsonian Institution.

The research, published online Thursday in the journal Science, offers a new perspective below the Martian surface and hints of past flooding at a time when the planet was mostly thought to be cold and desert-like. The channels remained hidden because the once volcanically active region had been filled in by lava flows hundreds of millions of years ago. THE ASSOCIATED PRESS

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SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive

and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about \$10 to \$20.

They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes, working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet

at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORK- OUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary? These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

Terrorism. Senior al-Qaida leader to see federal court, not Guantanamo Bay cell

A senior al-Qaida leader and member of Osama bin Laden's inner circle was charged Thursday with conspiring to kill Americans in his role as the terror network's top propagandist, who lauded the attacks of 9-11 and warned of more.

Officials said Sulaiman Abu Ghaith was captured in Jordan over the last week. He will appear Friday a New York federal court, according to a Justice Department statement and indictment.

The case marks a legal victory for the Obama administra-

Opposition

Several Republican lawmakers on Thursday said Abu Ghaith should be sent to Guantanamo Bay, where he could be questioned more thoroughly than lawyers will likely allow on U.S. soil.

tion, which has long sought to charge senior al-Qaida suspects in U.S. federal courts rather than hold them in Guantanamo Bay. **THE ASSOCIATED PRESS**

Egypt

Police strike over pro-Islamist bias

Thousands of low-ranking policemen on strike across Egypt on Thursday refused orders to work and protested what they claim is the politicization of the force in favour of the president's Muslim

Brotherhood party.

In another development, upcoming parliamentary elections were suspended after a court order. The ruling said the Islamist-dominated transitional parliament had pushed through a law organizing the elections without allowing the Supreme Constitutional Court to review it.

THE ASSOCIATED PRESS

Suspect in hit-and-run brought back to N.Y.C.



Nachman and Raiza Glauber at their wedding on Jan. 17, 2012.

VOSIZNEIAS.COM/THE ASSOCIATED PRESS

Couple and child killed.

Julio Acevedo claims to have been chased by gunman before crash

The suspect in a hit-and-run crash that killed a pregnant woman and her husband returned to New York City on Thursday after his arrest in a neighbouring state. The couple's premature baby, delivered after the crash, died later.

Julio Acevedo had been ordered held without bail after being arrested in Pennsylvania on Wednesday. A friend arranged his surrender.

Acevedo, 44, faces charges of leaving the scene of an accident, New York Police Department spokesman Paul Browne said.

Acevedo is accused of driving at twice the speed limit and crashing into a car carrying Nachman and Raiza Glauber. The Glaubers, both 21 years



Julio Acevedo NYPD/THE ASSOCIATED PRESS

old, died Sunday, and their premature son, delivered by cesarean section, died Monday.

Acevedo told the Daily News tabloid that he was fleeing a gunman who was trying to shoot at him when his borrowed BMW slammed into a hired car carrying the couple. He told the newspaper he fled because he was worried he'd be killed. But police said there were no reports of shots fired in the area at the time of the wreck. **THE ASSOCIATED PRESS**

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Bolshoi soloist Pavel Dmitrichenko listens in a courtroom in Moscow on Thursday. The star dancer accused of masterminding the attack on the Bolshoi ballet chief acknowledged Thursday that he gave the go-ahead for the attack, but said he did not order anyone to throw acid on Sergei Filin's face. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Bolshoi dancer says he backed beating, but not acid attack

Moscow. If convicted, Pavel Dmitrichenko faces up to 12 years in jail

Pale and haggard after hours of questioning, a leading Bolshoi dancer told a Moscow court that he gave his blessing to an attack on the ballet's artistic director but never imagined that the assailant would go as far as to throw acid in his face.

The arrest and confessions of Pavel Dmitrichenko, who danced the parts of both heroes and villains in the Bolshoi's famed classical ballets, have dealt a painful blow to the theatre's reputation and left many members of the company bewildered and incredulous.

Sergei Filin, 42, suffered severe burns to his face and eyes in the Jan. 17 attack. He has undergone a series of operations aimed at saving his sight.

The 29-year-old Dmitrichenko said his conflict with Filin was focused on the distribution of salaries and other financial issues.

Why?

Speculation has been rife about other possible motives for the attack. Some claimed that the dancer wanted to take revenge for his ballerina girlfriend after she was turned down for a major role, while others pondered conspiracy theories alleging the involvement of other top figures in the theatre.

Facing the judge on Thursday, Dmitrichenko said he had told the suspected perpetrator of the attack about his grievances concerning the Bolshoi and his arguments with Filin.

"I told Yuri Zarutsky about the policies of the Bolshoi Theatre, about the bad things going on, the corruption. When he said, 'OK, let me beat him up, hit him upside the head,' I agreed, but that is all that I admit to doing," Dmitrichenko said in court. "It's not true that I ordered him to throw acid at Filin."

THE ASSOCIATED PRESS

Medical examiner

Pictures of unidentified bodies posted on Chicago website

In a controversial decision, the Cook County Medical Examiner's Office in Chicago has begun posting photos of unclaimed dead bodies on its website.

The hope is that this will lead to the identification of the bodies, and in turn, result in closure for the families.

The site was launched on Wednesday.

Medical examiner Steve Cina says that though some of the images may be graphic, he believes it's a worthwhile practice, even if some people find the methods disturbing.

TORSTAR NEWS SERVICE

Italy

Berlusconi convicted in wiretap case

Former Italian prime minister Silvio Berlusconi was convicted Thursday over the illegal publication in a newspaper owned by his media empire of wiretapped conversations related to a bank-takeover attempt.

A Milan court found Berlusconi guilty of breach of confidentiality and sentenced him to one year in jail, though it did not issue an order on carrying out the sentence. In Italy, it is rare for anyone to be put behind bars pending a possible appeal except in the case of very serious crimes like murder.

THE ASSOCIATED PRESS

South Africa

Former head of Pistorius case quits police force

The former lead detective in South Africa's murder investigation against Olympic athlete Oscar Pistorius has resigned from the police force, police said Thursday.

The decision by Hilton Botha to quit followed criticism for his bungling of the investigation into Pistorius' shooting of his girlfriend Reeva Steenkamp on Feb. 14, as well as the revelation that he faced attempted-murder charges for a 2011 case in which he fired at a vehicle. THE ASSOCIATED PRESS



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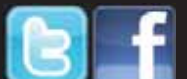
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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics, and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

Go Girls actively nurtures confidence and leadership

Mentorship. Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

What's your wish for International Women's Day?

S: In every country for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.



Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women

support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.

M: A female role model is someone that you can probably more easily relate to and can aspire to be like.



Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

What makes Go Girls special?

S: It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.

M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADA-WIDE PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA

Essay

The other F word

DELIA MACPHERSON
For Metro Canada

Feminism:

• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical strength. But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the nonchalant attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Films that depict violence against women are praised. Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent in the entire flick.

Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry or think about sexism in a world where women and men are equal?



Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA



Breaking through the 'hidden epidemic' against women

Violence. Despite decades of public-awareness campaigns, violence against women is rampant, even in developed countries. In partnership with UN Women, Metro investigates.



ELISABETH BRAW

Metro World News in London

On one January day in Guatemala, six women and two girls were murdered.

"I haven't been able to find a reason for the murder," says mother Rosa Franco, whose 15-year-old daughter Maria Isabel was killed. "But such is life as a woman in this country full of corrupt authorities. I suspect several people, including a 45-year-old drug dealer who'd been harassing my daughter since he asked to go out with her but she refused."

Welcome to our 21st century world, where violence against women is still common.

"Violence against women is a hidden epidemic, and hidden is a very important word," notes Ann Veneman, the former Executive Director of UNICEF.

"We all know that women are getting raped as a weapon of war in places like the (Democratic Republic of Congo), but in the developed world the problem is hidden."

Most violence against women occurs in their homes, committed by their boyfriends or husbands.

"Partner violence often has a psychological component, which makes it harder to measure," notes Markku Heiskanen, an expert in domestic violence at the European Institute for Crime Prevention and Control. "And women want to protect their partners. When they talk about previous partners, they mention violence much more."

Young women, especially, bear the brunt of men's aggression. Nearly half of all sexual assaults worldwide are committed against girls under 16.

"In many cases it's girls from difficult homes who are trapped by men who say they love them but are really (pimps)," says Veneman. "What goes on in these cases is quite

Fact sheet

One-third of women will experience violence at least once in their lives.

- **It still happens in developed countries.** Forty-six per cent of Swedish women report having been victims of violence.
- **Human trafficking.** Women and girls make up 80 per cent of victims.

extraordinary."

But there's good news. Safe houses for women are being built, even in countries where violence against women has long been tolerated. Victims are being trained in occupations so they can earn their own money. In India, the Delhi gang rape of a young woman led to unprecedented protests. And in China, the death sentence of Li Yan, a woman convicted of killing her husband after being abused by him for years, caused a rare public outcry.

On Valentine's Day this year, the global organization

While violence against women is still all too common, there are positive signs of change, even in countries where it has long been tolerated. ISTOCK

V-Day arranged One Billion Rising, a record-breaking event for protesting violence against women. And this month global leaders convene at the UN headquarters in New York to address a problem that is still all too common.

It's never OK

"There is one universal truth, applicable to all countries, cultures and communities: violence against women is never acceptable, never excusable, never tolerable."

United Nations Secretary-General Ban Ki-moon

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Analysis

Too close to home

This is serious: Rihanna is back with Chris.

Three years after he bit, clawed and punched her from across a Lamborghini console, pop superstars Rihanna and Chris Brown have reconciled.

"Blade Runner" Oscar Pistorius stands accused of murdering his girlfriend, amid swirling accusations of paranoia and an obsession with firearms.

Violence against women is in the headlines, but it's also in millions of bedrooms, workplaces and relationships — behind closed doors, silent mouths and averted eyes.

Metro, together with the United Nations, will celebrate womanhood with the aim to raise awareness of violence against women across the globe. No mother, sister or daughter — no woman — ever earned it, deserved it or "asked for it." Raise your voice with ours.

MAGGIE SAMWAYS/GLOBAL EDITOR IN CHIEF, METRO WORLD NEWS

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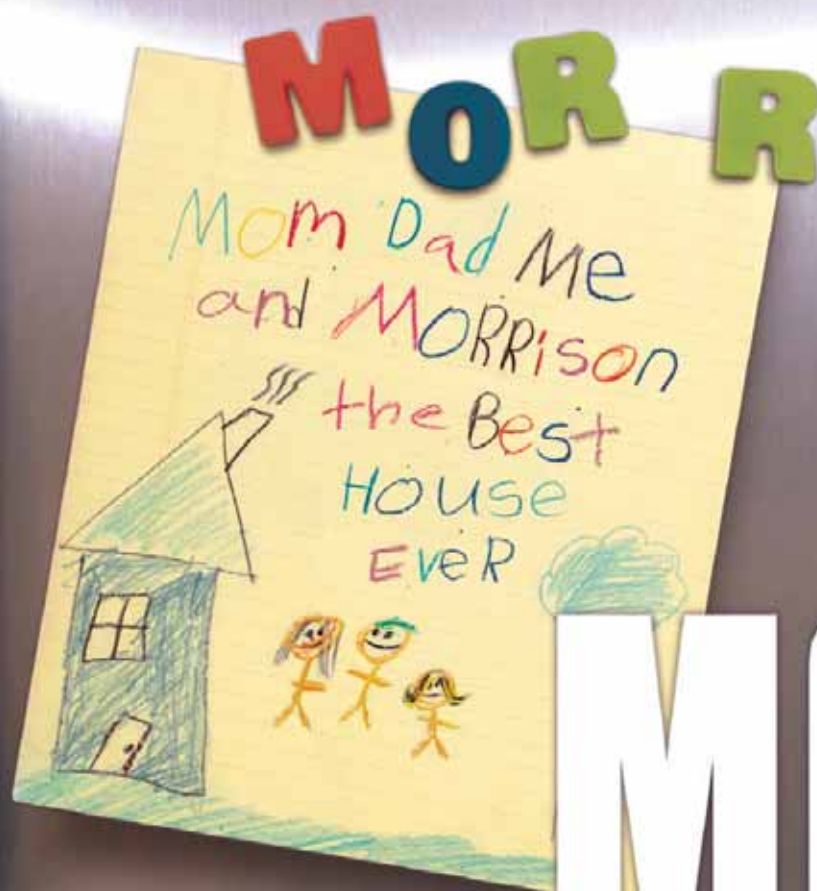
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In lean times, grads turn to startups

Jobless generation.

Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession



TAKARA SMALL
takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves," he says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace



Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a job-hungry gen-

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.



eration faced lower or non-existent wages to look elsewhere for opportunities.

Rebecca Basi, 23, sees working for startups as the most viable option for ambi-

tious youth. The marketing coordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to network. Initially, she turned to small firms to pad her resumé, but now can't see herself working for anyone else.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

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Airport security

DHS must release report on scanner safety, judge says

A U.S. federal judge has ruled that the Department of Homeland Security must release two safety reports it conducted in the 2000s evaluating the radiation safety of body-scanning machines. He ruled Thursday that the agency improperly withheld 2006 and 2008 reports in response to a Freedom of Information Act request.

THE ASSOCIATED PRESS

Spring cleaning. Facebook revamp aims to help users declutter their feeds

Facebook is trying to breathe new life into its social network with a redesign of its News Feed.

Amid complaints that the company's site has become a jumble of monotonous musings and random pictures, the overhaul offers new controls that allow people to create streams of photos and other material in organized sections.

With the makeover, which began rolling out Thursday, Facebook CEO Mark Zuckerberg hopes to turn the News

Feed into something more like a newspaper custom-made to suit each user's particular interests.

The new features will allow users to choose to see feeds that may feature nothing but photos or exclusively see posts from their closest friends, family members or favourite businesses. Or they can just peruse content about music or sports, as if they were grabbing the section of a newspaper.

THE ASSOCIATED PRESS

Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will, because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business." Nicholas Wiktorczyk, co-founder of Spently, a

cloud-based service that provides interactive email receipts

- "No amount of schooling will teach you how to start a company. You just need to do it. It's not a science where there is a yes-or-no answer." Adam Jarczyn, co-founder and CEO of online shopping app Hovr.it

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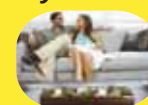
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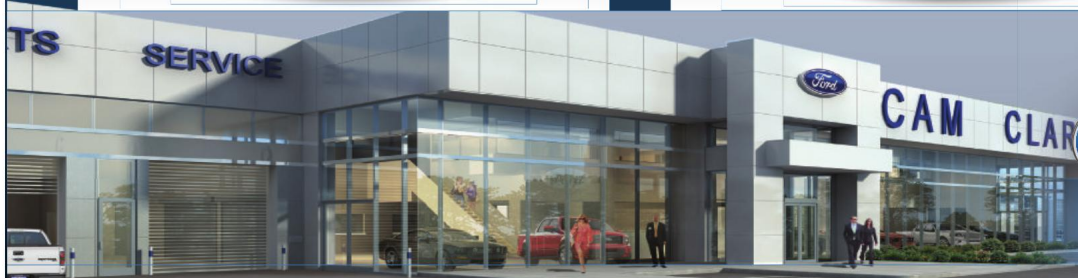


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THE NOT-SO-SWIFT RESPONSE

1 Keeping the crown. Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz Charles?" OK, there were no real sources, but I like to think that's what happened.

2 Milk and honeys. Playboy launched the first Hebrew edition of the magazine this week with special content including articles by native Israeli writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty, so newsstand shelves will be covered with



The List
Mike Benhaim
metronews.ca

a sheet.

3 An email for your thoughts. An Orwellian prophecy is materializing in Brazil, where the actual thoughts of a rat were recorded by electric sensors and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and JWwow.

4 To boldly go ... Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-

person crew will recycle their own "emissions," which will then be stored in bags to line the capsule, clarifying orders to "get their s--t together."

5 Swiftly dissed. Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, who was working as an usher that evening. The joke was that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 Thanks, eh? The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on
Twitter @TheMetroList



ZOOM

A fire without a flame

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. **METRO**

Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. **METRO**

Free fall

650

metres is the total height of Horsetail Falls.



PUTT SAKDHAGOOLO/SOLENT

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode, which has already been seen more than 3.5 million times, features an engineer's separator machine. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.



Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed:D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course, published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Szmyr, Toronto

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Synopsis

In *Dead Man Down*, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

• Richard: ●●●●

• Mark: ●●●●

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it

a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

RC: The Euro style you noticed makes sense as the movie was made by *The Girl with the Dragon Tattoo* director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this

was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the \$80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham.

In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.



Colin Farrell plays right hand man to a crime lord in *Dead Man Down*. HANDOUT

Wrestling with reality

Eric Matt

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Fantasy/Adventure



Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, *The Wizard of Oz*, Sam Raimi's *Oz the Great and Powerful* isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore *Oz* fans, but for most, you'll be thinking somewhere over the rainbow, there must be something better.

STEVE GOW

Growing pains

"They've refined so many things and changed so many things, from the hobbit feet to the way the dragon moves, how Gollum looks..."

"They've really made a lot of advancements, so it's a little bittersweet that you don't get to be there for that, you're part of the kind of older thing now. But at the same time a lot of those people are the same people who we knew and worked with and enjoyed their company and marvelled at their expertise, and so good for them, it's exciting for them."

Actor Sean Astin, who starred in the *Lord of the Rings* trilogy, about the look of the characters in *The Hobbit*.

THE CANADIAN PRESS



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Shaw)

The incredible Steve Carell talks about the magic of a great comedy

Burt Wonderstone.

Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy



NED EHRBAR
Metro World News in Hollywood

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

No. 1, This is Spinal Tap!

Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

Some Like it Hot?

Yeah, these are all great.

Groundhog Day?

Man, that's one of my favourite holiday movies. Wow, Anchorman is number six! Nice. Monty Python — any Monty Python is great. Annie Hall, Life of Brian, Airplane. I



The Incredible Burt Wonderstone opens next Friday. HANDOUT

think Anchorman in a lot of ways is like Airplane, in that it's just unrelenting silliness.

Is there one there that sticks out?

For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

Do you remember when you first saw it?

I think I saw it in a film class in college. I didn't really know much about it, but it was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

I don't think it's on the list.

It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because you

don't necessarily know why something makes you laugh, it just does. And I think the more you deconstruct why it makes you laugh, the less funny it is. For me, I just love letting stuff wash over me and not analyze it too much.

There's also the repeat viewing factor, films you can watch again and again. Galaxy Quest, for instance, is on this list.

Galaxy Quest! I love that movie too. I just got to work with Sam Rockwell, and the first thing I said to him was, "I love you in Galaxy Quest." He's a great actor, he's done all sorts of fantastic work, but

his character in Galaxy Quest... He gets dematerialized and then rematerialized, and he's so freaked out he just stands there screaming? I remember specifically watching it and laughing harder at that than anything that I'd laughed at in a while. It's a really good movie.

I'm always surprised more people don't love that movie.

These are all great — and for different ways, you know? Planes, Trains and Automobiles — really wonderful performances and connection between John Candy and Steve Martin. And people have tried to do this movie in all sorts

Burt vs. Burgundy

Toward the beginning of *The Incredible Burt Wonderstone*, when successful Las Vegas magician Wonderstone (Steve Carell) is at the height of his fame and power, viewers might get a glimpse of Ron Burgundy, Will Ferrell's blowhard lead from *Anchorman*. Carell acknowledges some similarities, but he insists it wasn't intentional. "I think of them as Casanovas, I think there definitely is a parallel there. But I think that's where the similarities stop," he says. "Ron isn't mean to people. He's not a bad person, and at the point where we find the adult Burt Wonderstone, he's a pretty bad guy. He's a jerk, he's an egomaniac who really doesn't care anymore and is completely burned out with his life and himself."

of different ways, and you can't. There's sort of a magic to when it works, and I think for some reason a movie like *Anchorman* worked on that level. I don't think we knew it at the time. We knew it was funny. I mean, it was funny to us doing it. And I think when it opened nine years ago or something, people liked it, but over time I think people have liked it more and more. It's sort of grown. But that just seemed to work based on the writing and who was in it and the directing. And the subject matter. It was just ridiculous fun.

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Awards news

**ACTRA nods to
Mary Walsh**

Comic actress Mary Walsh has been named ACTRA's 2013 Woman of the Year. She was presented with the award, chosen by the ACTRA National Women's Committee, on opening night of her one-woman show *Dancing with Rage* in Toronto. **THE CANADIAN PRESS**

What would you do if you witnessed a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO
Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called *Elevator Murder Experiment*.

It's actually an advertisement for *Dead Man Down*, the latest film from the original *The Girl With The Dragon Tattoo* director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Think-



A YouTube video promoting the movie *Dead Man Down* has sparked online debate. HANDOUT

modo and director of the elevator video, told Metro World News. He hoped it would spark debate. "Social media is the new platform to reach movie goers," he says. "A TV spot can only be watched. That's it. A YouTube video, however, can be shared, emailed, commented on, liked, etc. There is great power in that."

"It was a very controlled production," he adds.

All but one of the reactions were completely real, claims

the director, including the guy who uses a fire extinguisher. In order to tie the project to *Dead Man Down*, the last subject — a man who shows up with his dogs and films the murder with his cell phone — was actually an actor.

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for

blackmail.

There are other subtle clues that tie the viral video to the movie. Krivicka said the last word flashed before the viewer sees the movie title is "revenge," another key theme of *Dead Man Down*.

But many commenters seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka. "There is a big difference between adver-

Exclusively online

Check out Thinkmodo's *Dead Man Down* promotional video at metronews.ca



tising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

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THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR.8 TO THURS., MAR. 14. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Canyon Meadows
Bay 110 13226
Macleod Trail

(STC) Fri-Thu 12:45-4:15-8
Argo (14A) Fri-Thu 1:05-3:45-6:45-9:50
Gangster Squad (18A) Fri-Thu 12:55-9:45
The Guilt Trip (PG) Fri-Thu 4:05-7:10
The Hobbit: An Unexpected Journey (PG) Fri-Thu 1-4:35-8:30
The Impossible (14A) Fri-Thu 9:35
Jack Reacher (14A) Fri-Thu 12:55-3:50-6:50-9:40
Mama (14A) Fri-Thu 9:55
Parental Guidance (G) Fri-Thu 1:10-7:50-10:10
Rise of the Guardians (G) Fri-Thu 1:30-4:10-7:05
Skyfall (14A) Fri-Thu 1:15-4:30-8:15
This Is 40 (14A) Fri-Thu 3:40-6:30
Wreck-It Ralph (G) Fri-Thu 1:20-3:55-6:40

Crowfoot Crossing
91 Crowfoot Terrace,

21 and Over (18A) Fri-Sun 12:55-3:15-5:35-7:55-10:15 Mon-Thu 2:45-5:30-7:50-10:10
The Call (14A) Thu 10
Dark Skies (14A) Fri-Sun 12:35-5:25-10 Mon-Thu 5:10-9:50
Escape From Planet Earth (G) Fri-Sun 12:15-2:30-5-7:15 Mon-Thu 1:55-4:30-7:20
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri-Sat 12:20-2:45-5:10-7:35-10:05 Sun 3:15-5:40-8:05-10:30 Mon-Tue 2:15-4:45-7:10-9:35 Wed 2:15-4:45-9:35 Thu 2:15-4:45-7:10
Happy Feet (G) Sat 11
Identity Thief (14A) Fri-Sun 12:05-2:40-5:15-7:50-10:25 Mon-Tue 2:05-5-7:40-10:15 Wed 5-7:40-10:15 Thu 2:05-5-7:40-10:15 Star & Strollers Screening Wed 1
The Incredible Burt Wonderstone (PG) Thu 10:20
Jack the Giant Slayer (PG) No Passes Fri-Sun 12:50-3:50-6:45-9:35 No Passes Mon-Thu 12:50-3:30-6:45-9:25
Jack the Giant Slayer 3D (PG) No Passes Fri 2-4:45-7:30-10:10 No Passes Sat 11:15-2-4:45-7:30-10:10 No Passes Sun 2-4:45-7:30-10:10 No Passes Mon-Thu 1:25-4:20-7:25-10:05
The Last Exorcism Part II (14A) Fri-Sun 3:05-7:45 Mon-Thu 2:35-7:30
Life of Pi 3D (PG) Fri-Sun 12:45-3:40-6:35-9:40 Mon-Thu 1-3:50-6:50-9:40
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No Passes Wed 4:10-7:05-10 No Passes Thu 1:15-4:10-7:05-10 Star & Strollers Screening, No Passes Wed 1

Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 12-1:15-3:05-4:20-6:25-7:25-9:30-10:30 No Passes Mon-Thu 12:45-1:45-3:40-4:40-6:35-7:35-9:30-10:30
Safe Haven (PG) Fri 1:45-4:25-7:05-9:45 Sat 11:05-1:45-4:25-7:05-9:45 Sun 1:45-4:25-7:05-9:45 Mon-Wed 1:10-4-7-9:45 Thu 1:10-4-7
Snitch (14A) Fri-Sun 10:20 Mon-Thu 9:55

Eau Claire Market
200 Barlay Parade

(STC) Fri 6:40-9:40 Sat-Sun 12:40-3:40-6:40-9:40 Mon-Thu 5:40-8:40
Django Unchained (18A) Fri 7:45 Sat-Sun 12:30-4:10-7:45 Mon-Thu 8:15
Identity Thief (14A) Fri 7:20-10:10 Sat-Sun 1:30-4:30-7:20-10:10 Mon-Thu 6:20-9:10
Jack the Giant Slayer 3D (PG) No Passes Fri 7:10-9:50 No Passes Sat-Sun 1:10-4:20-7:10-9:50 No Passes Mon-Thu 6:10-8:50
Oz the Great and Powerful 3D (PG) No Passes Fri 7-10 No Passes Sat-Sun 1-4-7-10 No Passes Mon-Thu 6-9
Quartet (PG) Fri 6:50-9:30 Sat-Sun 12:50-3:50-6:50-9:30 Mon-Thu 5:50-8:30

Empire Studio 16
Country Hills
388 Country Hills Blvd.

21 and Over (18A) SR Dolby Digital, Stadium Seating Fri-Sun 1:15-4:15-6:45-9:25 SR Dolby Digital, Stadium Seating Mon-Thu 4:15-6:45-9:25
Argo (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12-3:05-6-8:50 SR Dolby Digital, Stadium Seating Mon-Thu 3:05-6-8:50
The Attacks of 26/11 (18A) Sub-Titled, SR Dolby Digital, Stadium Seating Fri-Sun 12:30-3:40-6:30-9:30 Sub-Titled, SR Dolby Digital, Stadium Seating Mon-Wed 3:40-6:30-9:30 Sub-Titled, SR Dolby Digital, Stadium Seating Thu 3:40-6:30
The Call (14A) Stadium Seating, SR Dolby Digital Thu 10
Dark Skies (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:45-4:50-7:50-10:15 SR Dolby Digital, Stadium Seating Mon-Wed 4:50-7:50-10:15 SR Dolby Digital, Stadium Seating Thu 4:50-7:25
Dead Man Down (14A) Stadium Seating, SR Dolby Digital Fri-Sun 1:10-3:55-6:55-9:45 Stadium Seating, SR Dolby Digital Mon-Thu 3:55-6:55-9:45
Escape From Planet Earth (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-5:50 SR Dolby Digital, Stadium Seating Mon-Thu 5:50
Escape From Planet Earth 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu

3:10
A Good Day to Die Hard (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:30-4:30-7:05-9:40 SR Dolby Digital, Stadium Seating Mon-Thu 4:30-7:05-9:40
I, Me Aur Main (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 1:20-4:10-7-9:55 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 4:10-7-9:55
Identity Thief (14A) Stadium Seating, SR Dolby Digital Fri-Sun 1-4:25-7:20-10:10 Stadium Seating, SR Dolby Digital Mon-Thu 4:25-7:20-10:10
The Incredible Burt Wonderstone (PG) Stadium Seating, SR Dolby Digital Thu 10
Jack the Giant Slayer (PG) SR Dolby Digital, Stadium Seating, No Passes Fri-Sun 1:50-7:30 SR Dolby Digital, Stadium Seating, No Passes Mon-Thu 7:30
Jack the Giant Slayer 3D (PG) No Passes, Stadium Seating, SR Dolby Digital Fri-Thu 4:40-10:25
The Last Exorcism Part II (14A) SR Dolby Digital, Stadium Seating Fri-Sun 2-5-8-10:30 SR Dolby Digital, Stadium Seating Mon-Thu 5-8-10:30
Oz the Great and Powerful (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Sun 11:50-3-6:10-9:20 Stadium Seating, SR Dolby Digital, No Passes Mon-Thu 3-6-10-9:20
Oz the Great and Powerful 3D (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Sun 12:50-4-7:10-10:20 Stadium Seating, SR Dolby Digital, No Passes Mon-Thu 4-7:10-10:20
Oz the Great and Powerful: An IMAX 3D Experience (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Sun 12:20-3:30-6:40-9:50 Stadium Seating, SR Dolby Digital, No Passes Mon-Thu 3:30-6:40-9:50
Safe Haven (PG) Stadium Seating, SR Dolby Digital Fri-Thu 8:50
Silver Linings Playbook (14A) Stadium Seating, SR Dolby Digital Fri-Sun 12:10-3:20-6:20-9:35 Stadium Seating, SR Dolby Digital Mon-Thu 3:20-6:20-9:35
Snitch (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:35-4:20-7:15-10:05 SR Dolby Digital, Stadium Seating Mon-Thu 4:20-7:15-10:05

Empire Studio 10
MacLeod Trail
100-16061 MacLeod Trail

21 and Over (18A) Digital Presentation, Stadium Seating Fri-Wed 1:45-4:40-7:50-10:25 Digital Presentation, Stadium Seating Thu 1:45-4:40-10:25
The Call (14A) Digital Presentation, Stadium Seating Thu 10
Dead Man Down (14A) Digital

Presentation, Stadium Seating Fri-Thu 1:20-4:10-7:20-10:05
Escape From Planet Earth (G) Digital Presentation, Stadium Seating Fri-Thu 1:10-6:50
Escape From Planet Earth 3D (G) Digital Presentation, Stadium Seating Fri-Thu 3:45
A Good Day to Die Hard (14A) Digital Presentation, Stadium Seating Fri-Wed 9:30
Identity Thief (14A) Digital Presentation, Stadium Seating Fri-Thu 1-4:30-7:40-10:30
The Incredible Burt Wonderstone (PG) Digital Presentation, Stadium Seating Thu 10
Jack the Giant Slayer (PG) Digital Presentation, Stadium Seating Fri-Thu 12:30-7:30
Jack the Giant Slayer 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 3:20-10:15
The Last Exorcism Part II (14A) Digital Presentation, Stadium Seating Fri-Thu 4:20-10
Oz the Great and Powerful (PG) Digital Presentation, Stadium Seating Fri-Thu 11:45-3-6:15-9:20
Oz the Great and Powerful 3D (PG) Digital Presentation, Stadium Seating Fri-Tue 12:15-3:30-6:45-9:50 Digital Presentation, Stadium Seating Wed 3:45-6:45-9:50 Digital Presentation, Stadium Seating Thu 12:15-3:30-6:45-9:50 Digital Presentation, Stadium Seating Fri-Thu 12:45-4-7:15-10:20 Digital Presentation, Stadium Seating Wed 1
Safe Haven (PG) Digital Presentation, Stadium Seating Fri-Thu 1:30-7
Silver Linings Playbook (14A) Digital Presentation, Stadium Seating Fri-Wed 12-3:10-6:30-9:40 Digital Presentation, Stadium Seating Thu 12-3:10-6:30

Scotiabank Chinook
6455 MacLeod Trail

21 and Over (18A) Fri-Tue 12:40-3:05-5:25-7:50-10:10 Wed 12:40-3:05-7:50-10:10 Thu 12:30-2:55-5:15-7:50-10:10
The Call (14A) Thu 10
Dark Skies (14A) Fri 2-4:40-7:20-9:45 Sat 4:40-7:30-9:55 Sun-Wed 2-4:40-7:20-9:45 Thu 2-4:40-10
Dead Man Down (14A) Fri 2:40-5:20-8-10:40 Sat-Sun 12-2:40-5:20-8-10:40 Mon-Thu 2:40-5:20-8-10:40
Escape From Planet Earth (G) Fri 2:35 Sat-Sun 12-2:35 Mon-Thu 2:35
Escape From Planet Earth 3D (G) Fri-Thu 5-7:30
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri 2:40-5:15-7:55-10:30 Sat 12-2:40-5:15-7:55-10:30 Sun 12:05-2:40-5:15-7:55-10:30 Mon-Wed 2:40-5:15-7:55-10:30 Thu 2-4:25-10:30

Happy Feet (G) Sat 11
Identity Thief (14A) Fri 1:40-4:25-7:10-9:55 Sat 11:05-1:40-4:25-7:10-9:55 Sun-Wed 1:40-4:25-7:10-9:55 Thu 1:30-4:20-7:10-9:55
The Incredible Burt Wonderstone (PG) Thu 10 Jack the Giant Slayer (PG) No Passes Fri 1:45-4:30-7:15-10 No Passes Sat 11:05-1:45-4:30-7:15-10 No Passes Sun-Thu 1:45-4:30-7:15-10
Jack the Giant Slayer 3D (PG) No Passes Fri-Thu 2:30-5:30-8:10-10:50
The Last Exorcism Part II (14A) Fri-Wed 1-3:20-5:40-8-10:20 Thu 1-3:30-5:40-8-10:20
Life of Pi 3D (PG) Fri 1:45-4:30-7:25-10:20 Sat 11-1:45-4:30-7:25-10:20 Sun-Thu 1:45-4:30-7:25-10:20
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 10
Oz the Great and Powerful (PG) No Passes Fri-Wed 1-4:05-7:15-10:15 No Passes Thu 4:05-7:15-10:15 Star & Strollers Screening, No Passes Thu 1
Oz the Great and Powerful 3D (PG) No Passes Fri-Sat 1:45-4:50-7:50-10:55 No Passes Sun-Thu 1:45-4:50-7:50 No Passes Fri-Thu 1:30-4:35-7:40-10:45
Oz the Great and Powerful: An IMAX 3D Experience (PG) No Passes Fri-Thu 12:30-3:35-7-10
Safe Haven (PG) Fri-Wed 1:20-4:15-6:55-9:40 Thu 4:15-6:55 Star & Strollers Screening Thu 1
Silver Linings Playbook (14A) Fri-Tue 1:05-3:55-6:50-9:45 Wed 1:05-3:55-9:45 Thu 1:05-3:55-6:50-9:45
Snitch (14A) Fri-Sat 12:45-3:15-5:45-8:15-10:45 Sun 3:15-5:45-8:15-10:45 Mon-Wed 12:45-3:15-5:45-8:15-10:45 Thu 12:45-3:15-7:35
Warm Bodies (14A) Fri-Thu 9:50

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No Films Showing Today (STC)
Mon-Tue
Silver Linings Playbook (14A) Fri-Sat 7-9:15 Sun 6:30-8:45 Wed-Thu 7-9:15

Sunridge Spectrum
2555 32nd Street

21 and Over (18A) Fri-Sun 1:45-4:35-7:35-10:05 Mon-Thu 1:45-4:45-7:20-9:50
The Call (14A) Thu 10:20
Dark Skies (14A) Fri-Sun 1:30-4-7:55-10:25 Mon-Wed 1-4-7:45-10:20 Thu 1-4-7:45
Dead Man Down (14A) Fri-Sun 1:40-4:45-7:40-10:35 Mon-Thu 1:15-4-10-7:15-10:10
Escape From Planet Earth (G) Fri-Thu 12:50

Escape From Planet Earth 3D (G) Fri-Sun 3:10-6:40-9:20 Mon-Thu 3:15-6:40-9:05
A Good Day to Die Hard (14A) Fri-Sun 1:05-3:35-6:30-9:15 Mon-Thu 1:05-3:35-6:30-9:10
Happy Feet (G) Sat 11
Identity Thief (14A) Fri-Sun 1:25-4:40-7:30-10:15 Mon-Thu 1:50-4:35-7:30-10:15
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Jack the Giant Slayer 3D (PG) No Passes Fri-Sun 1-3:50-7-9:50 No Passes Mon-Thu 12:40-3:40-6:55-9:45
The Last Exorcism Part II (14A) Fri-Sun 1:35-4:30-7:50-10:10 Mon-Thu 1:40-4:30-7:55-10
A Moment in Time (PG) Fri-Sun 1:20-4:05-7:05-9:45 Mon-Thu 1:20-4:05-6:45-9:30
Oz the Great and Powerful (PG) No Passes Fri-Sun 12:45-3:45 No Passes Mon-Tue 1:30-4:50 No Passes Wed 4:50 No Passes Thu 1:30-4:50 Star & Strollers Screening, No Passes Wed 1
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 12:15-3:15-6:15-6:45-9:20-10 No Passes Mon-Thu 2-6:15-7:50-9:20 No Passes Fri-Sun 1:15-4:15-7:20-10:30 No Passes Mon-Thu 12:45-3:45-7-10:05
Safe Haven (PG) Fri-Sun 12:55-3:40-6:50-9:40 Mon-Thu 12:55-3:50-6:50-9:40 Wed 3:50-6:50-9:40 Thu 12:55-3:50-6:50 Star & Strollers Screening Wed 1
Snitch (14A) Fri-Thu 1:10-4:25-7:10-9:55

Westhills 10
165 Stewart Green

Dead Man Down (14A) Fri-Sun 1:40-4:40-7:30-10:10 Mon-Thu 5:25-8
Escape From Planet Earth (G) Fri-Sun 1:20-4-7:05 Mon-Thu 6:15
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The Last Exorcism Part II (14A) Fri-Sun 9:40 Mon-Thu 9
Life of Pi 3D (PG) Fri-Sun 12:50-3:50-6:40-9:30 Mon-Thu 5:30-8:20
Oz the Great and Powerful (PG) No Passes Fri-Sun 12:20-3:20-6:20-9:20 No Passes Mon-Thu 5:20-8:15
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Quartet (PG) Fri-Sun 12:40-3:10-6:30-9:10 Mon-Thu 5:45-8:10
Silver Linings Playbook (14A) Fri-Sun 12:30-3:40-7-9:50 Mon-Thu 5:40-8:30
Zero Dark Thirty (14A) Fri-Sun 12:20-3:35-6:50-10:05 Mon-Thu 5:20-8:40

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TV picks

Timberlake doing double duty on SNL — this week in television

This Friday's edition of CBC's Marketplace looks into how Canadians are consuming too much sodium. The show ran 80 people through tests to see how much salt they were ingesting each day and how it could be impacting their health.

The second season of the reality show Fashion Star kicks off Friday, giving contestants another chance to showcase their clothing designs. Nicole Richie, Jessica Simpson and John Varvatos are mentors on the show while buyers from retailers including Macy's and Saks Fifth Avenue are looking to reward the best designers. (NBC)

Justin Timberlake does double duty tonight on Saturday Night Live. Timberlake, who recently performed some new material at the Grammys, is hosting and performing on the show. (Global, NBC)

The BBC series Ripper Street wraps its first season on Space Saturday with detective inspector Edmund Reid investigating a suspected white slavery ring. Fans will be happy to know that a second season of the



Justin Timberlake is hosting and performing this week on Saturday Night Live. GETTY IMAGES

drama has been confirmed.

CBC's biopic of the late federal New Democratic Party leader Jack Layton airs Sunday with Rick Roberts in the role of the charismatic politician and Sook-Yin Lee portraying his wife Olivia Chow. Jack covers their lives in Toronto politics in the 1980s through to the 2011 federal election campaign and Layton's subsequent death of cancer.

Jennifer Love Hewitt's The Client List is back with a second season, but there's still time for fans to get all caught up. Starting at noon ET/PT on Sunday, Lifetime Canada will air all 10 episodes from the first season leading up to that night's new show.

THE CANADIAN PRESS

Axes, swords and some fine wine: the civilized side of barbarianism

The Vikings. Kathryn Winnick and Jessalyn Gilsig talk about the softer side of Norse warriors

MATT PRIGGE

scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Kathryn Winnick, one of the stars of The Vikings, a new docu-dramatic show that premiered last Sunday on The History Channel. "That's completely wrong. They were civilized, intelligent, sophisticated."

Discoveries into the lives of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's mind. The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, The Tudors and The Borgias — into highly



Watch The Vikings in action Sundays on The History Channel. HISTORY CHANNEL

watchable and oft-sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbak (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shield-maiden" (i.e., female warrior), spends the earliest episodes,

at least, at home as her husband sails on an illegal mission.

But that means organizing the community as her husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.) "What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love."

For Gilsig, best known as hissable Terri Schuester on Glee, it was a chance to not

only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her Glee boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither (Glee nor Vikings) was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."

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Gangnam. Little PSY follows in 'big brother's' footsteps

The impish boy who showed off his dance moves alongside Psy in Gangnam Style is hoping to go viral, too.

The seven-year-old nicknamed Little Psy is releasing an electro pop song next week through iTunes. The boy, whose real name is Hwang Min-woo, says he wants to gain global fame like his "big brother" Psy.

Sporting a black suit and a sleek haircut, Min-woo performed at a news conference in South Korea on Wednesday. He is the latest recruit in the increasingly global K-pop industry.

Min-woo is a second-grader and his mother comes from Vietnam.

Meanwhile, the big Psy has released a Gangnam Style remix and is continuing his worldwide tour. The video released on YouTube in



South Korean Hwang Min-woo, the seven-year-old nicknamed Little Psy, performs during a concert in Seoul, South Korea on Wednesday.

YONHAP/HAN JONG CHAN/THE ASSOCIATED PRESS

July has a record 1.39 billion views. **THE ASSOCIATED PRESS**

Country music

ACM Awards announce music performers

Already busy co-hosts Blake Shelton and Luke Bryan also will perform during this year's Academy of Country Music Awards.

The country cut-ups are among the first round of performers announced Wednesday for the annual awards show in Las Vegas. They'll be joined by Shelton's wife, Miranda Lambert, George Strait, Hunter Hayes and The Band Perry.

Pop star and former American Idol champion Kelly Clarkson, a two-time ACM winner in 2012 and a nominee this year, also will perform as she continues to increase her country profile since moving to Nashville.

THE ASSOCIATED PRESS

Billy Corgan, the professional wrestler?



Billy Corgan, second from left, steps into the ring for an ad for furniture store Walter E. Smithe. **HANDOUT**

Ad. Chicago furniture store taps alt-rock legend for campaign

Billy Corgan might be best known as the frontman for The Smashing Pumpkins. But recently, he's been dabbling in his other passion, professional wrestling.

Fans got a little peek into Corgan's wrestling endeavours through an ad for Chicago furniture store Walter E. Smithe called Billy Corgan's Musical Chairs. The commercial also features some of the wrestlers from Resistance Pro, a professional wrestling promotion company that Corgan started, as well as the singer himself.

Tim Smithe, the chief marketing officer for Walter E. Smithe, came up with the idea for the ad with his brothers. He was confident he could get Corgan to sign on, even though he realized getting the Smashing Pumpkins star was a "long shot."

"I know a 'second cousin'

of Billy, and tried that angle a few years ago, and it went nowhere," he admitted to Metro World News.

It wasn't until Smithe and Corgan met on Man-cow, a talk show in Chicago, that he was able to make his pitch in person.

"There was good, simple chemistry right away, and one thing lead to another during the commercial break," Smithe said.

"And then a few days later, someone from his staff called and said Billy is ready to 'let the wrestling begin.' My brothers and I were thrilled."

Smithe said that Corgan was "chill, intelligent and confident" during the shoot.

"On the set he was down to earth, light-hearted, and loves his wrestling team from the bottom of his heart," Smithe said.

Though there was a script, it was mostly improvised on the scene. The Resistance Pro wrestlers took on the Smithe brothers for two hours just to get 30 seconds of footage. When his brother Mark Smithe

got body slammed, it actually knocked the wind out of him.

Corgan even told Smithe that he didn't shove him hard enough to be realistic during the early takes.

"So I really gave it to him on the take we chose," Smithe said.

Smithe hopes that Millennials who grew up listening to the Smashing Pumpkins will be intrigued by furniture from Walter E. Smithe.

"We use our own brand of humour to create conversations and generate buzz in the marketplace here in Chicago. We believe that through commercials that include pop culture parodies, we have been successful in getting Chicagoans to talk about our brand," he said. **METRO**

See online

Watch The Smashing Pumpkins frontman try his talents in the ring, online at metronews.ca



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Ingenue/Atoms for Peace

The band featuring Thom Yorke that isn't called Radiohead has a new album called AMOK. You know that old saying "Dance like no one is watching?" That's what Thom's doing in the official video.



How Soon is Now/Johnny Marr and Ron Wood

An ex-Smith and a current Rolling Stone perform a classic live that the Smiths could never pull off because of technical challenges with the guitar bit.



American Boy/Kombinaciya

Before the Soviet Union dissolved they had their own pop and rock ecosystem. This is the best Soviet song you've probably never heard.




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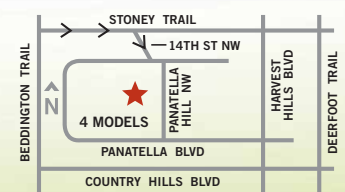
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Artist Concept

The Valiant return of Dr. Mirage

Shadowman. The character who debuted in 1993 is back as Dr. Shan Fong

It's no hallucination: Dr. Mirage has returned to Valiant Entertainment, though the paranormal detective is decidedly different.

Appearing in *Shadowman* No. 5 — which came out Wednesday — the popular character who debuted in 1993 is presented anew as Dr. Shan Fong, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes.

"The low key intro is about readers getting to know her," said *Shadowman* designer and artist Patrick Zircher of Fong's first appearance. "Hopefully they like what they see and there'll be plenty of adventures to come."

Valiant said Tuesday that the contemporary Dr. Mirage is similar to the previous incarnation, a man named Hwen Mirage, whose exploits with wife Carmen Ruiz ran for 18 issues



Dr. Shan Fong plays Dr. Mirage, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes. VALIANT COMICS/THE ASSOCIATED PRESS



The cover of *Shadowman* No. 5. THE ASSOCIATED PRESS

in *Second Life of Doctor Mirage* — but, added Zircher, her powers are more steeped in Asian mysticism.

"Dr. Mirage's return is part of Valiant's ongoing plan to ex-

pand its universe of characters and she's a natural fit for the supernatural and mystic stories taking place in *Shadowman*," he said of the new issue. It was written by Justin Jordan with

art by Zircher, Lee Garbett, Stefano Gaudiano and Roberto Delatorre, and sees *Shadowman* take on the *Lord of Cemeteries*.

While she doesn't have a big appearance in the book, yet,

Zircher said it's just the beginning.

Dinesh Shamdassani, Valiant's chief creative officer, said Mirage's reintroduction is part of a larger story that involves

the entire Valiant universe.

"Since the Summer of Valiant, we've been slowly building towards several key events. You can see the first of these events this April in *Harbinger Wars*, where *Bloodshot* and *Harbinger* collide," he said. "The return of Dr. Mirage is part of that plan — part of setting the stage. Dr. Mirage is a key piece in the future of the Valiant universe and the timing of the return, as well as the manner, is no accident." THE ASSOCIATED PRESS

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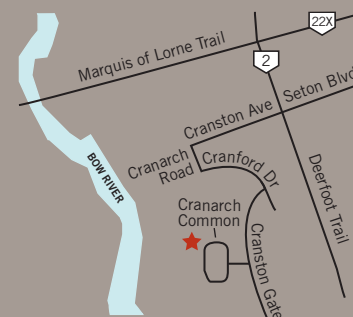
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Demi Moore ALL PHOTOS GETTY IMAGES

Demi files divorce papers 16 months after separation

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher's own filing. So what was the holdup?

A source claims Moore had been trying to reach a

confidential settlement with Kutcher about his income but has given up on the negotiations.

"Ashton made a lot of money after marrying Demi — a lot more than she made — but despite him becoming just as famous through her, he believes he doesn't owe her that much, the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jake Gyllenhaal

Gyllenhaal gets spun right round, baby, right round—by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells Us Weekly. The

pair met at New York's Spin-Cycle exercise studio, where Gyllenhaal has been known to work out whenever he's in the city. "He'll hop on the instructor bike," the source says. "He loves the attention from the girls."



Pete Townsend

Potty-mouthed Townsend was in 'rock star mode'

Pete Townsend is looking to make amends after apparently swearing at a seven-year-old girl and her parents during a recent concert in Ontario, Canada.

Townsend became annoyed after spotting a sign that read, "Smash your guitar, Pete!" being held up by the girl. "Go away with that sign, please. Just go away with it," he scolded her parents. "Don't

bring you children (and) use them. I want to tell you two words, but I can't because you've got a child here." He then mouthed the words "f— off" at them. Townsend feels differently now, according to the Toronto Sun. "Apologies and condolences from my side, and very best wishes to you and your family," Townsend wrote in a letter. "I was in rock star mode, the big mouth."

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It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita (\$7.95 to \$11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

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I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to la-

sagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked

lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

3 LITRE

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ArtaWEARness XIII

The 13th annual wearable art performance extravaganza, ArtaWEARness XIII, is taking over ACAD (1407 14 Ave. NW). This year, 11 wearable art acts by ACAD students will showcase a variety of concepts, materials, characters and movement. ArtaWEARness XIII is a live performance show integrating fashion and art. Friday and Saturday. artawearness.com.



Fabricated

Enjoy an evening of fashion highlighting some of Calgary's best local designers at Fabricated, taking place at Currie Barracks (2633 Hochwald Ave. SW). This special event and fashion show gives emerging designers the chance to showcase their work to the decision-makers and buyers for Calgary's top boutiques and retailers. Friday. getfabricated.com.



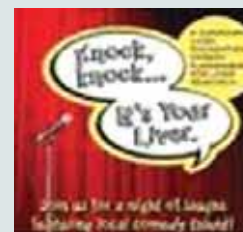
A Night at the Opera

The Calgary Philharmonic Orchestra is bringing opera classics to the stage at the Jack Singer Concert Hall. Listen as passion ignites, fury roars and romance simmers in this concert showcasing some of the best operatic arias and choruses, including *Nessun Dorma* and the *Anvil Chorus*. Roberto Minczuk leads vocal stars and our own Chorus in a concert that will heat up the stage and light up the night. Saturday.



International Festival of Animated Objects

Calgary's 10-year-old International Festival of Animated Objects brings more than 80 artists from around the world who will descend on Inglewood from March 9 to 17. With a mix of acclaimed international artists and some of the rising stars of Calgary's own artistic community, there are more than 30 events, including theatre shows, workshops, exhibitions and screenings.



Laugh your liver off

Get ready to laugh your liver off at the Canadian Liver Foundation's annual comedy benefit at Yuk Yuk's. Bring a friend or three and enjoy a night of great comedy to benefit liver research and health. Tickets are \$20 and can be purchased at liver.ca. March 14.



\$100 Film Festival

Celebrate small-format films with big visions and catch more than 30 short films projected exclusively on Super 8 and 16mm film. Experience the diverse creativity that characterizes low-budget, independent filmmaking. It's a personal, experimental and adventurous approach to film as an art form. Until Saturday.

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NHL

NHLPA agrees to realignment, board still must OK

It looks like the NHL is getting a new look.

Agreement on a realignment plan was announced in a pair of short statements from the NHL Players' Association and the league on Thursday.

The NHLPA said it has agreed to realignment next season, to be re-evaluated following the 2014-15 season.

The league confirmed the move, saying the next step is to take the plan to the league's board of governors. Neither side revealed the plan but it is widely believed to have two conferences, each with two divisions.

Detroit shifts to the East and Winnipeg moves to the West.

The Eastern Conference would look like this:

Atlantic Division: Carolina, Columbus, New Jersey, New York Islanders, New York Rangers, Philadelphia, Pittsburgh, Washington.

Central Division: Boston, Buffalo, Detroit, Florida, Montreal, Ottawa, Tampa Bay, Toronto.

The Western Conference would shape up this way:

Midwest Division: Chicago, Colorado, Dallas, Minnesota, Nashville, St. Louis, Winnipeg.

Pacific Division: Anaheim, Calgary, Edmonton, Los Angeles, Phoenix, San Jose, Vancouver.

That means 16 teams in the East and 14 in the West.

The top three teams from each division would advance to the playoffs along with the next two teams in the conference with the most points.

THE CANADIAN PRESS



Blue Jays catcher J.P. Arencibia and pitcher R.A. Dickey will suit up for Team USA at the World Baseball Classic starting this weekend. NATHAN DENETTE/THE CANADIAN PRESS

Dickey looking for redemption at WBC

Baseball. Blue Jays knuckleballer suffered disappointment with United States at Olympics 17 years ago

Many big-name pitchers found reason to say no to the World Baseball Classic. R.A. Dickey was an automatic yes.

The knuckleball master, winner of the NL Cy Young Award with the New York Mets last season now plying his unorthodox trade with Toronto, made it known before anyone asked him that

he wished to play.

Now he will start for the United States in its WBC opener Friday night against Mexico, something he calls "one of the greater privileges of my athletic career."

At 38, Dickey is the oldest player on the U.S. roster. As such, he remembers being a part of the U.S. team at the 1996 Olympics and wants to atone for the disappointment of that bronze medal of 17 years ago.

"So this is a chance to redeem that in a lot of ways," he said. "So I was proactive in wanting to be a part of this team. When I thought it was a possibility, I texted Tony

Clark (of the MLB Players Association) and said, 'If there's a spot and Joe wants me, I would love to do it.'"

Needless to say, manager Joe Torre wanted him.

Dickey is one of three starting pitchers on the 28-man U.S. roster competing in Group D in Arizona and by far the biggest name. San Francisco's Ryan Vogelsong will start Saturday night against Italy, with Texas' Derek Holland going against Canada on Sunday.

Following round-robin play, the top two teams advance to the second round next week in Florida.

THE ASSOCIATED PRESS

Lawrie lost to Canada

Third baseman Brett Lawrie has been forced off Canada's roster with a rib strain one day before the team's first game at the WBC.

- The Toronto Blue Jay, who felt discomfort in his left side during an exhibition game against the Cincinnati Reds on Wednesday, said he was disappointed but felt it was more important to keep healthy with the major-league season quickly approaching. THE CANADIAN PRESS

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NHL. Pronger still hopes to return from concussion

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The former NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suffers from lingering effects of multiple concussions. He said Thursday he's simply trying to get healthy and live a normal life, but he wouldn't rule out attempting a return if physically possible. **THE ASSOCIATED PRESS**

Quoted



"It will be difficult, but the good things in life are never easy."

Chris Pronger on returning to the NHL after multiple concussions.

MLB

Rivera set to close out career after 2013

The great Mariano Rivera is getting set to close his career.

The New York Yankees reliever plans to announce this weekend that he will retire after the 2013 season, a person familiar with the decision told The Associated Press on Thursday.

The person spoke to the AP on condition of anonymity.



Mariano Rivera

THE ASSOCIATED PRESS FILE

ity because there was no official statement. A news conference was called for Saturday at the Yankees' spring training complex in Tampa, Fla.

THE ASSOCIATED PRESS

Howard burns Oilers as Red Wings win in shootout

NHL. Detroit goalie stops all 22 Edmonton shots, while Kindl, Emmerton, Abdelkader provide the offence

On Thursday

3

Red Wings

0

Oilers



Edmonton Oilers forward Nail Yakupov skates away after a goal by Red Wings centre Cory Emmerton on Thursday in Detroit. DUANE BURLISON/THE ASSOCIATED PRESS

The way the Detroit Red Wings have been playing, it was only a matter of time before Jimmy Howard ended up with a shutout.

Howard made 22 saves, and Jakub Kindl and Cory Emmerton scored in the second period to lift the Red Wings

over the Edmonton Oilers 3-0 on Thursday night.

Detroit has gone five games without allowing a goal in the first or second period, and Howard blanked Edmonton in the third as well for his second shutout of the season.

"I think we're playing really well as a team right now. We're doing a lot of great things," Howard said. "When you work hard and you pay attention to detail, good things happen."

Justin Abdelkader's empty-net goal put the game out of reach.

Howard made 36 saves in

Quoted

"You cannot stop playing for 10 minutes against the Detroit Red Wings and expect to get points."

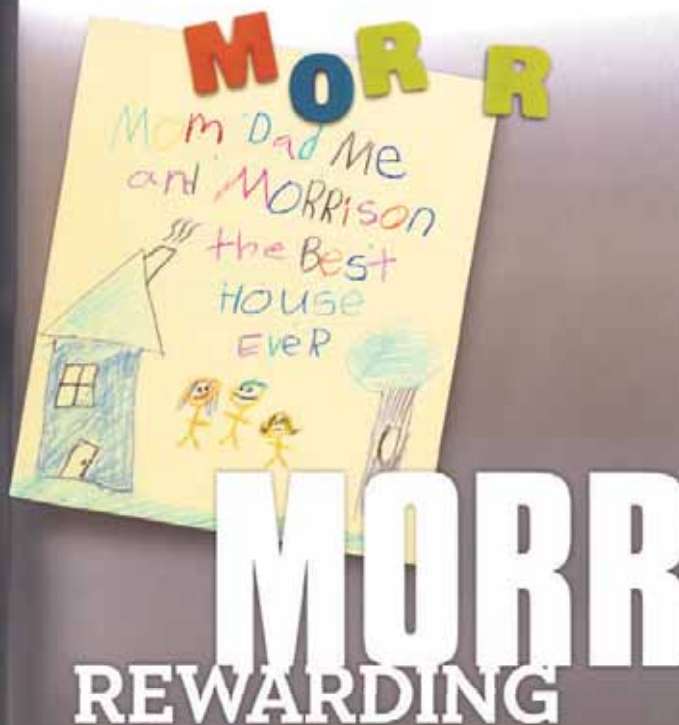
Oilers head coach Ralph Krueger

a win Tuesday against Colorado, but coach Mike Babcock wasn't all that impressed with his team's overall performance that night. The Red Wings were sharper defensively against Edmonton and took control in the second period, when they outshot the Oilers 15-7.

The Oilers are 0-3-1 in their last four games overall.

After a scoreless first period — a shot off the crossbar by Detroit's Kyle Quincey was the only noteworthy moment — the Red Wings looked a bit more energized in the second.

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Skicross. Crash victim's family threatens to sue skiing's governing bodies

Legal action following the fatal crash of Canadian skicross racer Nik Zoricic at a World Cup in Switzerland is likely to be made clearer in June.

Angered by a Swiss police file calling Zoricic's death an accident, Zoricic's family threatened at a news conference in Toronto on Wednesday to sue skiing's governing bodies if they don't act by a June 15 deadline.

Meanwhile, prosecutors in Switzerland aim to complete investigations — and bring possible criminal charges — within months.

"The investigation is now in its closing phase and it should be possible to conclude it by about the middle of this year," Bern canton prosecutor's office spokesman Christof Scheurer wrote in an email reply to The Associated Press.

"So long as no further questions arise that would make it necessary to bring in an expert and would delay the conclusion of the proceedings," wrote Scheurer, adding there

Deadline

The family has pledged to take legal action on June 16 if skiing's governing bodies have not yet agreed to undertake their own investigations.

was "no reason" yet to address criticism from Canada.

Zoricic sustained fatal head injuries when he landed into safety nets and hard-packed snow on flying wide off a final jump at Grindelwald last March 10.

Prosecutors have received a report from Bern police that declined to blame local race organizers or the International Ski Federation (FIS), which sanctions the skicross World Cup series.

"This is a tragic case of sporting accident with fatal outcome," stated the report, which was circulated by the Zoricic family lawyers on Wednesday. **THE ASSOCIATED PRESS**

Fans make case for Stompin' Tom in HHOF

Passing of a legend.
The Hockey Song has earned anthem status

The Hockey Hall of Fame has a little bit of everything under its roof, from classic photos to vintage uniforms to old sticks and goalie masks.

Could there one day be room for a Stompin' Tom plaque, maybe a wooden stomping board or perhaps some lyric sheets to The

Facebook

At least one group on Facebook is pushing to have Connors inducted, though the closed group has just over two dozen members. However, it would only take one submission to get things rolling.

Hockey Song?

It's possible.

Stompin' Tom Connors was on the minds of visitors to the hockey shrine Thursday, one day after word that the Canadian music legend had died at 77. Many fans said they would support his posthumous induction in the hall's builder category, given that Connors created one of the country's most popular hockey anthems.

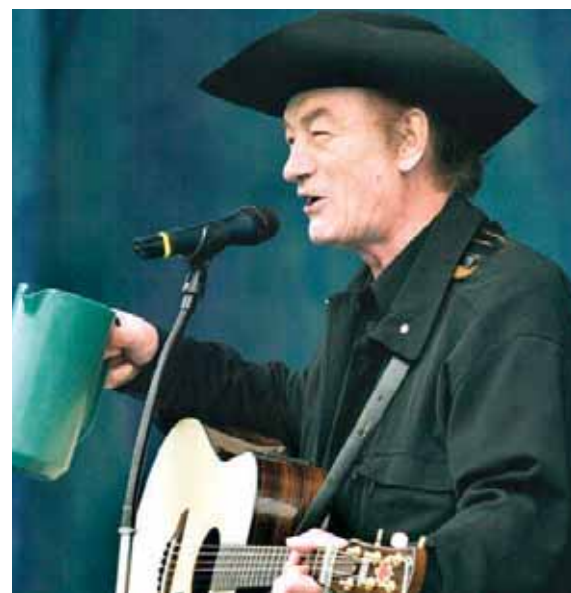
"Absolutely, he's a legend," said Barbara Bilko, a women's hockey coach who visited the hall on Thursday.

One of her players, Kaylee Chanakos of the University of British Columbia, echoed her sentiments.

"The song is just everything for the game," she said.

It would not be difficult to get Connors on the initial list for consideration. The hall accepts public submissions and the deadline is March 15.

THE CANADIAN PRESS



Many fans at the Hockey Hall of Fame on Thursday said they would support Stompin' Tom Connors' posthumous induction in the hall's builder category.

THE CANADIAN PRESS FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	45	14	.763	—
New York	37	22	.627	8
Indiana	38	23	.623	8
Brooklyn	35	26	.574	11
Atlanta	34	26	.567	11½
Chicago	34	27	.557	12
Boston	33	27	.550	12½
Milwaukee	30	29	.508	15
Toronto	24	38	.387	22½
Philadelphia	23	37	.383	22½
Detroit	23	40	.365	24
Cleveland	21	40	.344	25
Washington	19	40	.322	26
Orlando	17	45	.274	29½
Charlotte	13	48	.213	33

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	14	.774	—
Oklahoma City	45	16	.738	2½
L.A. Clippers	44	19	.698	4½
Memphis	40	19	.678	6½
Denver	40	22	.645	8
Golden State	35	27	.565	13
Houston	33	29	.532	15
Utah	32	29	.525	15½
L.A. Lakers	31	31	.500	17
Portland	28	32	.467	19
Dallas	27	33	.450	20
Minnesota	21	37	.362	25
Phoenix	21	40	.344	26½
New Orleans	21	41	.339	27
Sacramento	21	42	.333	27½

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

THURSDAY'S RESULTS

Oklahoma City 95 New York 94

L.A. Clippers at Denver

FRIDAY'S GAMES — All Times Eastern

Oklahoma City at Charlotte, 7 p.m.

Indiana at Orlando, 7 p.m.

Memphis at Cleveland, 7:30 p.m.

Dallas at Detroit, 7:30 p.m.

Washington at Brooklyn, 7:30 p.m.

Utah at Chicago, 8 p.m.

Atlanta at Boston, 8 p.m.

Philadelphia at Miami, 8 p.m.

Portland at San Antonio, 8:30 p.m.

Phoenix at Sacramento, 10 p.m.

Toronto at L.A. Lakers, 10:30 p.m.

Houston at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	16	8	0	86	71	32
New Jersey	24	11	8	5	59	67	27
NY Rangers	22	12	8	2	57	54	26
NY Islanders	24	10	11	3	71	80	23
Philadelphia	25	11	13	1	72	77	23

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	24	15	5	4	75	61	34
Boston	21	15	3	3	64	48	33
Toronto	25	15	10	0	75	65	30
Ottawa	24	12	8	4	56	49	28
Buffalo	25	9	13	3	65	80	21

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	23	13	9	1	69	66	27
Winnipeg	23	11	11	1	58	69	23
Washington	22	10	11	1	66	63	21
Tampa Bay	24	10	13	1	82	75	21
Florida	24	7	12	5	60	90	19

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

THURSDAY'S RESULTS

New Jersey 3 Buffalo 2 (SO)

Montreal 4 Carolina 2

Columbus 2 Vancouver 1 (OT)

Pittsburgh 5 Philadelphia 4

NY Rangers 2 NY Islanders 1 (OT)

Boston 4 Toronto 2

Washington 7 Florida 1

Detroit 3 Edmonton 0

Winnipeg 2 Tampa Bay 1

St. Louis 6 Phoenix 3

Dallas at Los Angeles

WEDNESDAY'S RESULTS

Toronto 5 Ottawa 4

Chicago 3 Colorado 2

Calgary 4 San Jose 1

Anaheim 2 Phoenix 0

FRIDAY'S GAMES — All Times Eastern

Ottawa at NY Rangers, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Chicago at Colorado, 9 p.m.

Calgary at Anaheim, 10 p.m.

SATURDAY'S GAMES

Washington at NY Islanders, 1 p.m.

Philadelphia at Boston, 1 p.m.

Detroit at Columbus, 2 p.m.

St. Louis at San Jose, 4 p.m.

Pittsburgh at Toronto, 7 p.m.

Montreal at Tampa Bay, 7 p.m.

New Jersey at Carolina, 7 p.m.

Minnesota at Nashville, 8 p.m.

Dallas at Phoenix, 8 p.m.

Calgary at Los Angeles, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	21	0	3	78	46	45
Detroit	24	12	8	4	66	60	28
St. Louis	23	12	9	2	70	70	26
Nashville	23	9	9	5	47	59	23
Columbus	24	8	12	4	55	70	20

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	23	11	6	6	64	63	28
Minnesota	22	11	9	2	52	56	24
Calgary	21	9	8	4	61	69	22
Edmonton	23	8	10	5	54	65	21
Colorado	22	8	10	4	53	65	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	16	3	3	77	60	35
Kansas City	1	0	0	3	1	3	3
Houston	1	0	0	2	0	3	3
Montreal	1	0	0	1	0	3	3
New York	0	0	1	3	3	1	0
Philadelphia	0	1	0	1	3	0	0
New England	0	0	0	0	0	0	0
Toronto FC	0	1	0	0	1	0	0
D.C.	0	1	0	0	2	0	0
Chicago	0	1	0	0	4	0	0

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Columbus	1	0	0	3	0	3
Kansas City	1	0	0	3	1	3
Houston	1	0	0	2	0	3
Montreal	1	0	0	1	0	3
New York	0	0	1	3	3	1
Philadelphia	0	1	0	1	3	0
New England	0	0	0	0	0	0
Toronto FC	0	1	0	0	1	0
D.C.	0	1	0	0	2	0
Chicago	0	1	0	0	4	0

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Los Angeles	1	0	0	4	0	3
Real Salt Lake	1	0	0	2	0	3
FC Dallas	1	0	0	1	0	3
Vancouver	1	0	0	1	0	3
Portland	0	0	1	3	3	1
Seattle	0	1	0	0	1	0
Colorado	0	1	0	0	1	0
San Jose	0	1	0	0	2	0
Chivas USA	0	1	0	0	3	0

SATURDAY'S GAMES — All Times Eastern

Kansas City at Toronto FC, 1:30 p.m.

Philadelphia at Colorado, 6 p.m.

Real Salt Lake at D.C., 7 p.m.

Columbus at Vancouver, 7:30 p.m.

New England at Chicago, 7:30 p.m.

Montreal at Portland, 10:30 p.m.

SUNDAY'S GAMES

FC Dallas at Chivas USA, 5 p.m.

New York at San Jose, 10 p.m.

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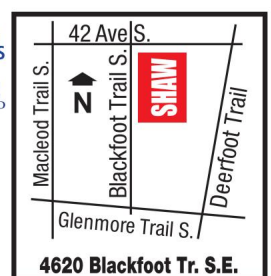
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Horoscopes

Aries

March 21 - April 20
It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

Taurus

April 21 - May 21
What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

Gemini

May 22 - June 21
A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

Cancer

June 22 - July 23
You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

Leo

July 24 - Aug. 23
Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

Virgo

Aug. 24 - Sept. 23
You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

Libra

Sept. 24 - Oct. 23
You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

Scorpio

Oct. 24 - Nov. 22
Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

Sagittarius

Nov. 23 - Dec. 21
There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

Capricorn

Dec. 22 - Jan. 20
You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

Aquarius

Jan. 21 - Feb. 19
You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

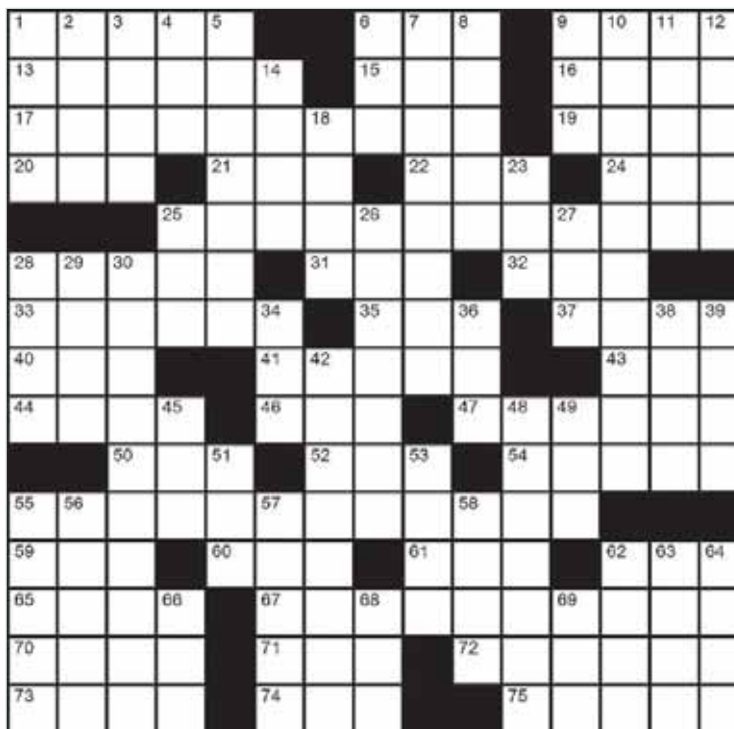
Pisces

Feb. 20 - March 20
You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Acknowledged
6. Suppositions
9. "Fly ___ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "___ Report"
19. Mona ___ (Painting)
20. Mil.'s special ___
21. Before
22. JT's "Suit & ___"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The ___"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawky
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie+projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for ___ Barry
60. Org. in "Michael Col-



61. Shakespearean word
62. Mr. Vigoda
65. "___ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn ___ Trophy
73. Idol alum

- et al.
 74. Halifax hrs.
 75. Wests opposites
- Down**
1. Prefix to 'phobia' (Fear of heights)
 2. Leaky faucet sound
 3. Big ___ (McDonald's burgers)
 4. Pen's content

5. Fantastical play by Shakespeare, The ___
6. Winter/Summer games org.
7. The Bounty mutineer, ___ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital

By KELLY ANN BUCHANAN

11. Pantheon of Norse gods
12. "The Wonder ___"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad ___ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. ___ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at ___" (1961)
45. ___ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jiminy ___
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. ___ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

SATURDAY

SUNDAY



MAX: 4°
MIN: -10°



MAX: 1°
MIN: -6°



MAX: 6°
MIN: -9°



ANDREW SCHULTZ
METEOROLOGIST

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WEEKDAYS 5:30 AM



**TAKE IT TO GOD
IN PRAYER**

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